

COMMUNITY P.L.A.N. NURTURING PARENTING

Connect with parents to explore:

- Ways to meet your needs as a parent
- Spending Quality Time with Your Children
- Effective Communication
- Reducing unwanted behaviors using:
 - *Praise
 - *Consistent Routines
 - *Rewards and Punishments
- Effective Homework Routines



Age Specific Groups:

- **Adolescents (Ages 10-18)**
- **Thursday's**
- **Beginning 9/28/17—12/7/17**
- **5:00pm-8:00pm**

- **Infant, Toddler, Preschool, and Elementary (Birth-10 years)**
- **Tuesday's**
- **Beginning 10/10/17—12/12/17**
- **10:00am-1:00pm**

FREE

**10 WEEK
COURSE**

**FAMILY MEAL
TIME - FOOD
PROVIDED**

**CHILD CARE
PROVIDERS
WELCOME**

**CHILDREN
WELCOME**

**(CHILDREN'S GROUP
HELD DURING PARENT
GROUP TIME)**

**TRANSPORTATION
AVAILABLE**

**CONTACT:
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**WEBSITE:
ADOPTIONOPTIONINC.ORG**

**FACEBOOK:
WWW.FACEBOOK.COM/
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***GROUP'S ARE HELD AT 2417
Abbott Rd, Midland, MI 48642**