



# PRIDE Parent Enrichment Workshops Winter Spring 2011

**What: *Don't Flip Your Lid! - Conflict Resolution for Families***

Holding on to your thinking cap isn't always easy when parenting. In this interactive class, learn about the brain's emotional hard wiring so you can decrease personal stress overloads. Equip the whole family with de-escalation tools that push the reset button and teach healthy communication habits and self-calming skills.

**When: January 13, 20, 27, and February 3**

**4:30pm – 6:30pm**

**Where:** Café Cultura Center for Community Services 1102 Howard Drive Simpsonville, SC 29681

*Available in Spanish only. Childcare is provided on a limited basis.*

*To register call Café Cultura: 864-688-2224*

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**What: *Better Behavior from the Inside Out: No Bribes or Rewards Required***

Learn Positive Discipline parenting tools that will improve the parent child relationship, enhance self-esteem for kids, teach valuable life skills to children and, decrease power struggles in the home. Parents will learn what really matters to children and what truly motivates kids to behave better.

**When: March 3, March 10, March 17, and March 24**

**6:30pm – 8:30pm**

**Where:** Judson YMCA Community Center 2 Eighth Street Greenville, SC 29611

*Childcare is provided for ages 4 and up.*

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**What: *Misbehavior Detectives – Understanding the Beliefs behind Your Child's Misbehavior***

Use your emotions as clues to reveal the main reasons for most misbehavior. This problem solving workshop will help parents take a closer look at misbehavior to develop new long term strategies for teaching children problem solving skills, responsibility and recovery skills.

**When: March 10, March 17, March 24, and March 31**

**10:00am – 12:00pm**

**Where:** The Pediatric TEAM Center (Formerly Medically Fragile Children's Program)

1807 E. Main Street Easley, SC 29640

*Sponsored by The Pediatric TEAM Center*

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**What: *Chores Without Wars - Essential Life Skills for Teaching Independence***

Preparing children for real life means teaching them how to do laundry, cook, clean, maintain a car and more. Children who feel capable and genuinely needed misbehave less than children who are pampered. This active learning workshop explores the Significant Seven Perceptions and Skills that promote self-reliance in children and teens, teaches family tools for assigning age appropriate chores and helps parents practice follow-through techniques.

**When: March 21, March 28, April 4, and April 11**

**4:00pm – 6:00pm**

**Where:** Greenview Child Development Center 625 Old Piedmont Highway Greenville, SC 29605

*Class is available in both English and Spanish. Childcare is available on a limited basis*

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**How:** *To register, call 864-454-2102 or email [pride@ghs.org](mailto:pride@ghs.org)*

*Space is limited for all workshops, so register early!*

The PRIDE parent enrichment series is based on the nationally-recognized Positive Discipline curriculum.