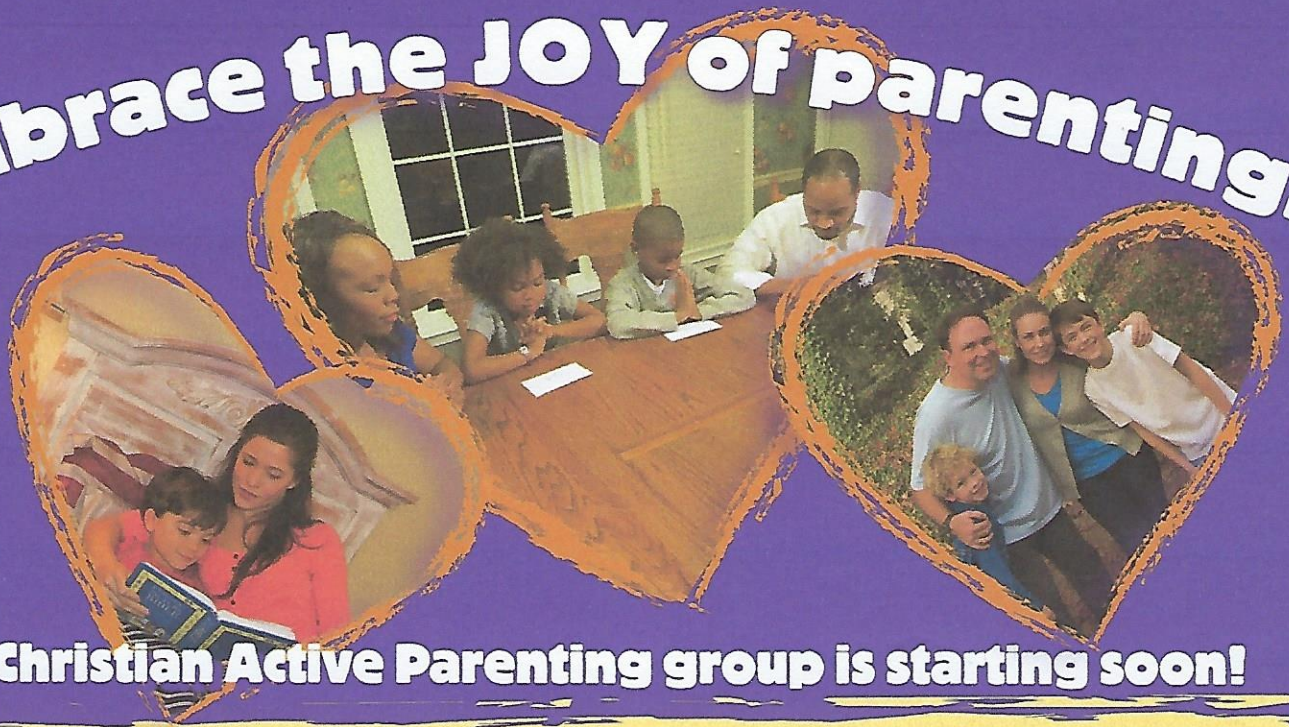


# Embrace the JOY of parenting.



## A Christian Active Parenting group is starting soon!

We are proud to bring the new **Christian Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline guided by God's love
- open up lines of communication—before they get clogged
- build a solid foundation of character for the upcoming teen years and beyond
- encourage school success in 7 smart ways
- overcome anger through the word of God
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

**Sign up today!**

For more information and sample videos, go to [www.ActiveParenting.com/CAP-parents](http://www.ActiveParenting.com/CAP-parents).

- **C**hristian Active Parenting combines the best in proven parenting skills with the wisdom of the Christian faith to help you achieve a fuller, more satisfying family life as you raise children of joy, character, and a living faith. The Active Parenting model focuses on encouragement, communication, and non-violent discipline. Incorporating Scripture, Christian family scenarios, and commentary on faith issues, *Christian Active Parenting* guides parents to integrate their faith into parenting and watch their families thrive.

The heart of the matter is the increased JOY you will experience as a family. Since 1983, over three million parents have learned from Active Parenting's dynamic, entertaining, and powerful video and discussion programs—and now, so can you!



A video & discussion program for parents of children ages 5 to 12

Date: Once a Month, see Page 2

Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.

Sponsored by: St. Mary's Religious Education and Parenting Offices

Location: Religious Education Center

To register, contact: Catherine Cwiakala

Phone: 845-896-6400

E-mail: [ccwiakala@yahoo.com](mailto:ccwiakala@yahoo.com)

Other details: Please see Page 2



By Michael H. Popkin, Ph.D., Melody F. Popkin, and Sue Allen, M.A.

**For Christian families with children ages 5 to 15**

**SESSION I - The Active Parent**

*Wednesday, September 26, 2018*

- *Styles of parenting*
- *Brain development in children*
- *The method of choice*

**SESSION II - Cooperation & Communication**

*Wednesday, October 24, 2018*

- *Who owns the problem?*
- *Active communication*
- *Feelings, empathy & problem-solving*
- *Introducing Bible reading to your kids*

**SESSION III - Responsibility & Discipline**

*- part 1*

*Wednesday, November 28, 2018*

- *Effective, non-violent discipline guided by God's love*
- *"I" messages*

**SESSION IV - Responsibility & Discipline**

*- part 2*

*Wednesday, January 23, 2019*

- *Logical consequences*
- ***Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.***
- ***Fee: First Session Free then \$5.00 per session, waived if needed.***
- ***Books available at St. Mary's Parish Office and Religious Education Center.***

**SESSION V - Building Courage & Self-Esteem**

*Wednesday, February 20, 2019*

- *The Think-Feel-Do Cycle*
- *The power of encouragement*
- *Courage and self-esteem*
- *The Biblical tradition of encouragement*

**SESSION VI - Understanding and Redirecting Misbehavior**

*Wednesday, March 27, 2019*

- *Why children misbehave*
- *Eliminating power struggles*
- *Overcoming anger through the word of God*
- *Problem-solving with FLAC*

**SESSION VII - Active Parenting for Unity and School Success**

*April 24, 2019*

- *7 Smart Things for School Success*
- *Structuring homework time*
- *Christian influences in your child's life*
- *Tobacco, alcohol, and other drugs*
- *Family talks*
- ***No Program in December.***
- ***Option to attend as many sessions as you wish.***
- ***Facilitator: Catherine Cwiakala***