

PARENTING SOLUTIONS presents



Parenting That Works!

Fall/Winter 2010-2011 Programs for Parents

Discipline That Works

with Sylvia Sirignano, Ph.D.

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session / \$50 for any 2 sessions /
\$90 for 4 sessions (2nd parent half price)

- Sep 22 **When You Feel Like Screaming**
- Oct 13 **Secrets of Successful Discipline**
- Oct 27 **Knowing When and How To Say "NO!"**
- Nov 10 **Who's In Control?**

Parenting Your Challenging Child

Fee: \$40 per session / \$120 for all 4 sessions; 2nd parent is free

Wednesday Evenings | 7:30 - 9 pm

September 29 | December 8 | January 26 | March 23

A special series of programs for parents of those hard-to-raise children. Strategies and tips will be discussed, as well as specific issues and concerns. Come to one, or come to all four.

Parenting Together

with Sylvia Sirignano, Ph.D. and Glenn Smith, LICSW

Wednesday evenings 7:30 - 9 pm

Fee: \$30 per person; \$45 per couple

- Jan 12 **Parenting As A Team**
- Feb 9 **After Divorce: When Co-Parenting Seems Impossible**
- Mar 30 **Is It Worth Trying to Save This Marriage?
What's Best for the Kids?**

Individual Parent Consultations

If the workshop times are not convenient, or if you want more individualized help, Dr. Sirignano also offers individual consultations on the full-range of parenting concerns, specializing in:

- ♦ parenting an infant
- ♦ dealing with a challenging child
- ♦ sleep problems
- ♦ strategies for parenting children with ADHD and other learning and behavioral disabilities
- ♦ problems in preschool and the early elementary grades
- ♦ parents dealing with divorce

For further information and fees, call 508-366-7557.

PARENTING SOLUTIONS also offers community presentations and groups for new parents, parents of young children, and parents of teens. Our presentations provide practical parenting strategies informed by the latest research.

Call 508-366-7557 or visit our website for more information.

Visit us online at

www.parentingsolutionsprograms.com

- ♦ Register for workshops
- ♦ Learn more about our programs
- ♦ Join our email list to receive future flyers, parenting tips, and more!

For Parents of Teens

with Glenn Smith, LICSW

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session (2nd parent half price)

- Oct 6 **Sex, Drugs, Rock 'n Roll, and the Internet**
- Dec 1 **Parenting Teens: Is It Them or Just Me?**

Parenting in Stepfamilies

with Glenn Smith, LICSW

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session (\$45 for parenting couples)

- Nov 3 **Step-Parenting: The Good, the Bad & the Ugly**
- Dec 29 **Avoiding the Trouble Spots: Essential Tips For
Couples Parenting in Stepfamilies**

Divorce That Works For Children

Co-led by Sylvia Sirignano, Ph.D. and Glenn Smith, LICSW

Thursday and Friday Mornings 9 - 11:30 am

Fee: \$80

This is a **two-part** five hour court-approved parent education program required for divorcing parents, but all parents just beginning to think about divorce, or already divorced are also welcome. The workshop gives information about the effects of divorce on children and teaches strategies to help children deal successfully with divorce. Its small group, informal format allows the instructors to tailor the program to the interests of the participants.

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| September 23 & 24 | December 16 & 17 |
| October 21 & 22 | January 20 & 21 |
| November 18 & 19 | February 17 & 18 |

Divorce That Works For Children PLUS!

Tuesday Evenings 7 - 9 pm

Fee: \$50 per session | \$100 for 3 sessions

For parents who have already taken the court-mandated divorcing parent education course, this monthly program gives divorcing parents an opportunity to address issues of specific concern.

Sep 28 | Oct 26 | Nov 23 | Dec 21 | Jan 25 | Feb 22 | Mar 22

Divorce Mediation for Parents

When you want to do what's best for your children as you are getting divorced, mediation is a cost-effective way to develop your divorce agreement while helping you get the information needed to make all the necessary decisions.

As a trained mediator, Sylvia Sirignano, Ph.D., can help parents come to agreements in the midst of the emotional upset and conflict that is an inevitable part of divorce for most parents.

For further information and fees, call 508-366-7557.