

POSITIVE SOLUTIONS FOR FAMILIES

JOIN US!

WHAT:

A 6-session online workshop to help families:

- Promote children's social emotional development
- Teach children about their emotions and how to self-regulate
- Learn how to address challenging behavior

WHEN:

10/13: MAKING A CONNECTION!

Build relationships, make quality time, use positive comments and encouragement

10/20: MAKING IT HAPPEN!

Play with your child, support friendship skills, encourage positive behavior

10/27: WHY THEY DO WHAT THEY DO?

Behavior meanings, make expectations clear, teach household rules

11/5: TEACH ME WHAT TO DO!

Develop emotional vocabulary, manage child's anger/disappointment, teach problem-solving

11/10: FACING THE CHALLENGE!

Part 1: Learn strategies to promote positive behavior

11/17: FACING THE CHALLENGE!

Part 2: Identify problem behaviors and meaning, learn prevention strategies, teach new skills

PRESENTED BY:

Megan Monaghan and
Adley Kent

DETAILS

Cost: \$30.00, upon completion of the workshop you will receive a \$25 Amazon Gift card

Time: 6:30PM – 8:00PM

Location: online using the Zoom video platform.

To Register: contact Kids First at 970.920.5363, or email Nancy Nichols @ nancy.nichols@cityofaspen.com



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CITY OF ASPEN