



# ACTIVE PARENTING First Five Years

## Parenting Children from Birth -5

Active Parenting Publishers

## Build a strong foundation for your children.

Your child's first years are so important!  
Learn how to make the most of them with  
**Active Parenting: First Five Years.**

In this program, you'll  
learn the best ways to nurture your child  
from birth to pre-K with a "just right" a  
combination of freedom and nonviolent  
discipline. Give your kids a strong start.

### Here's what you will learn:

- *What a baby's cry means*
- *Ages and stages of development*
- *Building a strong bond*
- *Your child's growing brain*
- *Using mindfulness to keep your cool*
- *Effective discipline young children can understand*
- *Choices and consequences*
- *6 ways to prepare your child for school success and much more!*

Four 2-hour Session

Parenting Class -

Wednesdays, October 11, 18, 25,  
Nov. 1, 2017

12:00 pm—2:00 pm at...

Mental Health Association (MHA)

31 Water Street, Door 14, Suite 7, Gateway Center  
Jamestown, NY 14701

Return form to:

Chautauqua Alcohol & Substance Abuse Council,  
501 W. Third Street, Suites 3 & 4 Sprinchorn Building  
Jamestown, NY 14701

FAX (716) 664-3661

ATTN: Kathleen Colby, Director of Training Services

For more information or questions

contact Kathleen

Jamestown Office - 716-664-3608

kjcolby@casacweb.org

*-Please Print Clearly-*

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

# of Children                      Sex                      Ages

\_\_\_\_\_

Self Referral If not please note the following:

\*Referral Source:     DSS     CPP     Courts

MHA     Probation

Other \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

\*Will you require a report from us:     yes     no

If yes, we will need a confidentiality release form.

*This Project is offered **free of charge**  
through a partnership  
between Chautauqua Alcohol & Substance Abuse Council (CASAC )  
& Mental Health Association (MHA)*

8-17-2017