



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, February 7, 14, 21,
& 28, 2018

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)*

11-11-2017