



Fall 2018 “Better You” Workshops

Wednesdays from 3-5 at the Unity Center 4850 Eoff Street Benwood

Wednesday October 10- Learn better money habits and ask questions about Public Housing

Wednesday October 17- Learn strategies for parenting with an Ex

Wednesday October 24- Maternal Mental Health and Circles of Support

Wednesday October 31- What gets you up in the morning? A talk about finding your SPARK.

Wednesday November 7- Learn strategies for helping your children with feelings and behaviors

Wednesday November 14- Learn stress reducing strategies

Wednesday November 28- The Five Love Languages, a great relationship helper!

Wednesday December 5- Learn strategies for disciplining your child

Wednesday December 12- Bring your parenting questions to class, we will work through developmental milestone questions

Wednesday December 19- How not to fall for a jerk. A class about picking a great partner!

Questions: Susan Harrison at 304-233-0333 or

email at executivedirector@wvcasaforchildren.com