

## Fill up your toolbox for young child parenting!



### Parent ToolBox

The parent support lecture series  
With Dr. Beth Onufrak

NEXT TALK:

## Meltdown Managers!

### What is this talk about?

Conflicts with young kids can wear a parent down!  
Tired of battles that spiral out of control on both sides?  
Learn how to tame "Meltdown Madness" with these  
foundational tantrum management skills:

- *Understand the Insanity*
- *Predict & Prevent*
- *Soothe & Survive*
- *Recover & Reconnect*
- *Build next-time coping*



*Dr. Beth Onufrak is an early childhood psychologist & parent educator of 25 years. Join us for an uplifting evening of humor, camaraderie, strategies & support.*

### JOIN US!

Wednesday Oct. 11<sup>th</sup>, 2017  
6:30 – 7:30 pm  
\$20 indiv./ \$30 couple

Dr. Beth's new office park:  
The Plaza at Squaw Peak  
7600 N. 15<sup>th</sup> Street  
Phoenix, AZ 85020

*Follow the green & yellow balloons!*

### ONLINE REGISTRATION & PAYMENT:

[DrBethKids.com/ParentToolbox](http://DrBethKids.com/ParentToolbox)

Deadline: October 9<sup>th</sup>, 5pm

Parent Toolbox is part of Dr. Onufrak's  
parent education programming called

