



*Fill up your toolbox
for young child parenting!*

Parent ToolBox

The parent support lecture series

With Dr. Beth Onufrak

NEXT TALK:

5 Ways to Help Your Anxious Young Child

JOIN US!

Wednesday Nov. 8thth, 2017
6:30 – 7:30 pm
\$20 indiv./ \$30 couple

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

*Follow the green & yellow balloons!
Map & Directions on the website.*

ONLINE REGISTRATION & PAYMENT:

DrBethKids.com/ParentToolbox

Deadline: Nov. 6 at 4pm

What is this talk about?

Parents are often mystified, annoyed & exhausted by their young children's extreme reactions to seemingly non-tragic things. Talking them out of their worries with logic is often fruitless! This talk presents 5 principles to help you make sense of young child anxiety and specific suggestions for 5 common scenarios from regular daily life. Geared for kids ages 3-7, applicable up to 10.



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

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

