



NORTH LIGHT
COMMUNITY CENTER

Parenting Empowerment Project

North Light will be offering a 12-week series of workshops where parents can meet with a parenting specialist and other parents to discuss:

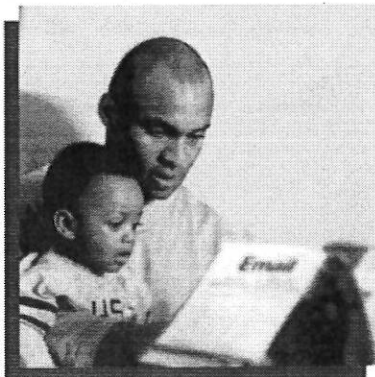
- Common developmental and behavioral stages
- Stress management techniques
- Healthy parenting strategies
- Addressing defiant behavior in all ages
- Anger and irritability
- How and where to go for benefits and assistance

Refreshments... Tokens... Child Care... Incentives



Tuesday Evenings
6:00pm - 8:00pm
Beginning **March 1, 2016**

North Light Community Center
175 Green Lane (Manayunk)
Philadelphia, PA 19127
www.northlightcommunitycenter.org



For more information or to register:
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