



*Canterbury Elementary School invites you to attend*

## **Take the Stress Out of Parenting: Yell Less and Win More Cooperation**

*Sponsored by the Canterbury School Readiness Grant*

A free workshop for parents, stepparents, grandparents and other caregivers of children from 2 – 12 years old. Couples are encouraged to attend together. Teachers are welcomed. Positive Parenting teaches adults to interact with children in ways that invite more cooperation, stronger relationships and greater success. Parents who want to be positive with their children sometimes feel frustrated in spite of your best efforts. You will gain practical skills and approaches that will reduce stress and increase harmony in your family.

**6:00 PM – 7:30 PM**

**Thursday, March 26, 2020**

**Canterbury Elementary School**

**Pizza & child care will be provided**

*This class meets on the same night as the "Empty Bowls Project" at Dr. Helen Baldwin Middle School to benefit Friends of Assisi and Canterbury Care food pantries. You may want to stop by for homemade soup and homemade bowls for a \$10 donation from 5 – 7 PM before heading over to the Elementary School for this parenting workshop.*



Over the past three decades, workshop presenter and Peace At Home Parenting founder, **Ruth Ettenberg Freeman, LCSW**, has taught Positive Parenting skills to thousands of parents and other caregivers from all walks of life. Ruth co-authored a parent trainers' curriculum called "Building Family Futures" and is a founding member of the Connecticut Parenting Education Network. With honesty, humor, and compassion, Ruth shares her knowledge of parenting as well as her real-life blunders, challenges, and successes as a parent, stepparent, foster parent, and "Nana."

**This workshop will qualify as one of the 3 family engagement activities required of parents/guardians of preschool students.**

***If you need childcare, please email or call Selena Musumeci with the names and ages of children who will be coming [smusumeci@canterburyschools.org](mailto:smusumeci@canterburyschools.org) or 860-564-6744, x2202***

**[www.PeaceAtHomeParenting.com](http://www.PeaceAtHomeParenting.com)**  
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