



Anderson Township Park District is pleased to present:

Parenting Workshops:

Raising Resilient Kids & Raising Responsible Kids

Each one-hour workshop is conducted by Beech Acres Parenting Coach, Scott Osterfeld. These sessions provide parents with insights, tips, and hands-on tools that help them bring out the best in their family.

Raising Resilient Kids:

Help your child bounce back and gain strength from stressful situations

Has your child ever felt left out? Been crushed by the offhand remark of a teacher? Or had challenges getting along with other kids? Conflict and emotional pain are a part of life. Kids can actually become stronger from these experiences and better able to deal with them in the future. This is resilience – the ability to draw strength when bad things happen. Your participation in this workshop will provide you with strategies to help your child become more resilient.

When: Monday, October 26 (5:30 pm - 6:30 pm) Please register by Friday, October 23

Location: Beech Acres Park RecPlex, 6915 Beechmont Avenue, Cincinnati, OH 45230

Questions: (513) 388-4513

Raising Responsible Kids:

Teaching kids more by doing less

In a competitive world of super-parents, it can be hard to sit back and let the responsibility for learning land on the shoulders of your children. But often that's the most helpful thing parents can do! It's tough to decide how to best respond when your child faces challenges at school. On one hand, you don't want your kids to experience failure; on the other hand you want them to grow up to be responsible. We'll help you distinguish between the times your child needs you to step in and help – and the times that it's not only possible, but preferable, to leave kids "in the driver's seat" when it comes to their education.

When: Tuesday, November 3 (6:30 pm - 7:30 pm) Please register by Friday, October 30

Location: Beech Acres Park RecPlex, 6915 Beechmont Avenue, Cincinnati, OH 45230

Questions: (513) 388-4513



About the Parent Coach:

Scott Osterfeld has a Master's degree in Family and Child Studies, as well as over twenty years experience in the human service field. He's a father of three and a parent coach with *MyParentingSource.com*®, a program of Beech Acres Parenting Center.



Bring Out the Best in Your Family!

Beech Acres Parenting Center: Workshops ~ Fall 2009

Participant's Name _____ Birthdate ____/____/____

Email _____ Phone (h) _____ (w) _____

Address _____ City _____ State _____ Zip _____

List allergies, medical conditions, or any medications _____

Please check the workshop you will attend: Raising Resilient Kids: Monday, October 26 (5:30 pm - 6:30 pm) Raising Responsible Kids: Tuesday, November 3 (6:30 pm - 7:30 pm)

Price per workshop: \$30 Anderson Resident \$35 Non-Resident **Total Due: \$** _____

Visa _____ MasterCard _____ Card # _____ Exp. Date _____ 3 Digit Security Code (Back of Card) _____

Name on Card: _____ Signature _____

Fax w/ credit card payment to: (513) 231-4190 OR Make checks payable to "Anderson Township Park District" and return to: Beech Acres Park RecPlex, 6915 Beechmont Ave., Cinti, OH 45230. Registrations accepted on a first come, first served basis and are subject to the completion of payment and Release of Liability & Authorization The ATPD may cancel or alter programs pending registration numbers.

RELEASE of LIABILITY & AUTHORIZATION: I hereby release the Anderson Township Park District (ATPD) and Beech Acres Parenting Center and their respective Boards, employees, agents, and instructors from all responsibility in the event of accident or injury. I also authorize the ATPD to publish any pictures taken of the participant named above during the program for which I've registered, and to use my e-mail address to send me ATPD information.

Parent/Adult Participant Name _____ Signature _____ Date _____

OFFICE USE ONLY: Date _____ Time _____ Rec'd By _____ Total Paid \$ _____ Cash _____ CC _____ Check # _____ Check Name _____ Dep'd By _____ Conf. _____