



EDUCATIONAL PARENT SUPPORT GROUP

The *Parent Connection* Program offers:

- Free, ongoing parent education and support program for parents and caretakers.
- Practical parenting skills and information relating to everyday parenting issues.
- An opportunity for parents to meet other parents, share ideas and become part of a supportive and safe community.
- A free, separate group for children of all ages led by a trained coordinator.

Topics Discussed Include:

"It is my only outlet with adults to discuss my feelings openly and freely, without fearing that [the other parents] will tell somebody."

-Parent Connection Parent

- Healthy communication
- Appropriate and effective discipline strategies
- Child development stages and expectations of each stage
- Effective anger & stress management
- Problem-solving and conflict resolution

**Where: Fairlington United Methodist Church
3900 King Street
Alexandria, VA 22302**

When: Every Monday

Time: 7:00 – 8:30 PM

**For more information and to register, please contact
Kerry Lutz at (703) 820-9001**

SCAN
of Northern Virginia