



**Are your kids stressing you out?
Are you having trouble getting them to listen?
Are you frustrated about how to get your
family under control?**

YOU'RE NOT ALONE!

Make your life easier!

Whether you're dealing with toddler tantrums or a defiant teenager... join **SCAN's Parent Connection group where you can share your experiences and learn useful tips that can help make your important job as a parent less stressful!**

Monthly Topics: August– Gearing up for School;

September– Single Parenting/Coping Skills;

October– Life Skills/Child Development;

November– Discipline; **December**– Coping with the Holidays

Every Monday, 6:30 – 8:00 PM

First Assembly of God Church

(enter through back of church, door on left)

Parents—Room 201; Children—Room 203

700 W Braddock Rd

Alexandria, VA 22302

(Accessible by Alexandria DASH bus AT4)

FREE snacks & children's program provided!!

No eligibility requirements. No pre-registration required.

First time participants fill out a registration sheet on-site.

For more information, please call

Samantha Poyta at 703-820-9001.

Supported by the Virginia Department of Social Services

—CBCAP Grant.

<http://www.scanva.org/parentnurturing.htm>

SCAN

Building hope for children & families
in Northern Virginia