



Free Triple P Online Parenting Workshops

Interactive, small group programs to connect with other parents about raising young children. You can virtually attend **any** or **all** workshops for **free**.

Developing Good Bedtime Routines

Tuesday: September 15th – 5:30 pm to 7:30 pm
Wednesday: October 14th – 6:00 pm to 8:00 pm

Dealing with Disobedience

Tuesday: September 22nd – 5:30 pm to 7:30 pm
Wednesday: October 21st – 6:00 pm to 8:00 pm

Managing Fighting and Aggression

Tuesday: September 29th – 5:30 pm to 7:30 pm
Wednesday: October 28th – 6:00 pm to 8:00 pm

Can't make any of the above dates? Call or email us – we also provide one-to-one parenting support online or over the phone covering the topics above and more!

**For more information or to register call
Kitty Roahrig at 740-919-6905 or
email kroahrig@mhalc.org**



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™



Ohio Children's Trust Fund
Ohio's Prevent Child Abuse America Chapter