



SEMINARS ARE FOR PARENTS WITH
CHILDREN AGES FROM 0–12 YEARS

September 17th: Dealing with disobedience

September 24th : Managing fighting and aggression

October 1st: Developing good bedtime routines

October 8th: Hassle-free shopping with children

October 15th: Hassle-free mealtimes with children

Thursdays at 1pm

If it's your first time joining a session, please log on 15–30 minutes early to complete the initial paperwork and provide us with some guidance about questions of topics that you may be interested in

WHERE: VIRTUAL

Scan the QR Code
or email us and we will
send a Zoom Link!



Small Changes, Big Differences

Parenting is rewarding, but it can be tricky at times. From picky eaters to messy rooms to kids who won't listen, our trained facilitators share practical tips to make life easier.

Smart Strategies, Real Support

These 90 minute weekly sessions provide parents with judgement free information while giving parents an opportunity to seek support and ask questions specific to their own family and experiences.

Certificate of completion provided

For inquiries
or to request a Zoom link,
please contact:
Mary at MWhite@casa-trinity.org

Hope begins here.

CASA  **TRINITY**
COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE

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