

Chesterfield Mental Health Support Services,
Prevention Services Announces...
2016 Fall Educational Programs

Parenting Your Young Adolescent: The Jekyll and Hyde Years

Facilitators: Ashley Rogers, 804-717-6739, Sherry Callear, 804-717-6404 and Rebecca Campbell, 804-717-6635

This six-week class is designed for parents of middle schoolers (ages 10-15), emphasizes understanding teenage development, improving the parent-child relationship, reducing conflicts and setting limits. The goal is to reduce stress and conflict between the child and the parent while promoting a well-adjusted adolescent. Participants have ample time for practicing skills and discussing their concerns. A parent-resource manual is provided. The class will be held **Tuesdays, Sept 20-Oct 25**, 6:30-8 p.m., North Courthouse Road Library, 325 Courthouse Road, Chesterfield The fee is \$50 per family.

Getting to Know Your Young Child

Facilitators: Robin Jones, 804-717-6540, Sonya Allen, 804-717-6546 and Ashley Rogers, 804-717-6739

This class is for parents who want to learn more about the basic needs of young children (newborns to preschoolers). Topics will include how children develop, how they learn through play, how to handle challenging behavior, and how to raise secure, confident children. Sessions will be held **Wednesdays, Oct 12-Nov 16**, 6:30–8 p.m., Chesterfield County Mental Health Support Services, 6801 Lucy Corr Blvd., Chesterfield. The fee is \$50.

Preregistration is required on all classes. To register for classes, contact Millicent Brickle, Administrative Assistant at bricklem@chesterfield.gov or 804-768-7212.

For more information and parenting resources visit <http://www.chesterfield.gov/parenting/>

