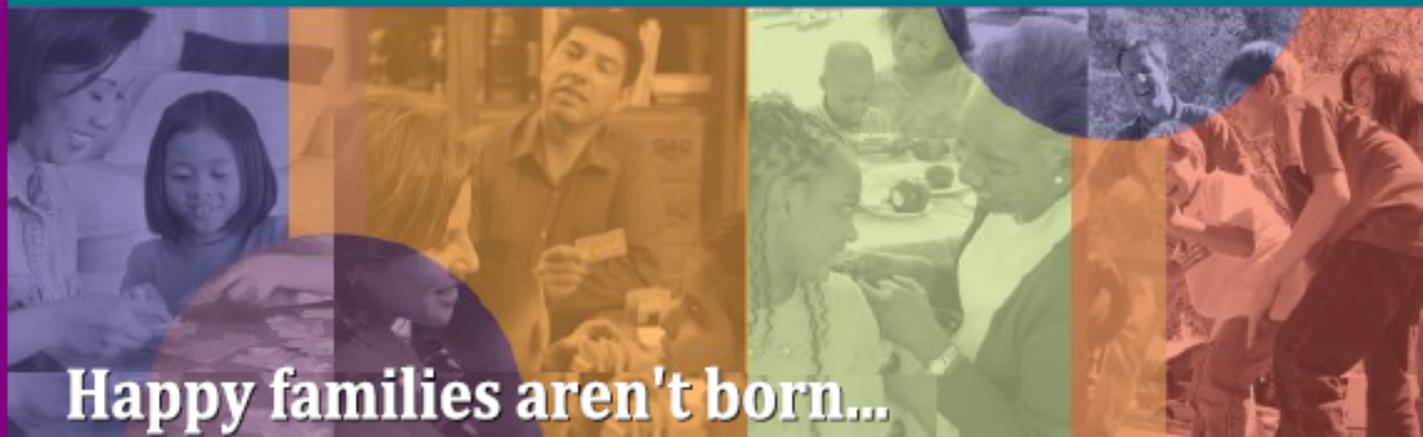


You're invited to attend **ACTIVE PARENTING NOW™**



Happy families aren't born...

...they're made one day at a time.

We're bringing the acclaimed *Active Parenting Now* program directly to you!

This *free parenting class* will show you effective ways to...

- use non-violent discipline techniques that work
- improve communication with your children
- teach responsibility and other important values
- handle problems as they come up
- cope with difficult topics such as drugs, violence, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- encourage your children to be their very best!

Do you ever wonder if there's a better way to handle those daily parenting problems? Maybe your son dawdles around whenever it's time to get dressed for school... your daughter is suddenly using disrespectful language... or the children seem to forget to do their chores and argue every minute of the day.

You can become more successful at parenting—the most important job of your life—with *Active Parenting Now*. In nine sessions, you will learn a proven approach to parenting that will lead to more harmony and happiness for you and your children. Since 1983 millions of families have learned the benefits of Active Parenting—now it's your turn.



This entertaining and informative program uses video, activities and discussion to show you ways to raise responsible, cooperative children who are able to resist negative peer pressure. You'll leave each session energized and motivated to make changes in your own family's daily routine that will lead to greater happiness in every room of the house (and the car, too!).

**Meets requirements for most court ordered parenting classes.*

Sponsored by: The Children's Home Association of Illinois
with support from Heart of Illinois United Way



For more information or to register,

Contact Melissa at 309-687-7321

or msallee@chail.org



Frequently Asked Questions

What is the Art of Parenting group?

A supportive group to learn new techniques and increase skills

24 modules or topics covered over a varying number of sessions

Various days, times and locations to meet everyone's needs

New sessions starting each month.

Who comes to these groups?

ANYONE that is in a parenting role

Mothers, fathers, aunts, uncles, grandparents, foster parents, godparents, teachers, staff that work with children and anyone else in a parenting role who is interested in learning new skills or offering support to others.

What is an Orientation?

A brief 15-20 minute orientation between the participant and the group facilitator. The participant will answer questions about themselves, their parenting goals and parenting style; as well as learn what to expect when they begin attending the class.

When is the next session?

We continually add new sessions. We strive to offer sessions at varying times, and at varying places in the community to best meet the needs of the participants. Call or email to hear what sessions are currently being offered.

What happens at the end of the group?

Each participant that completes the program will receive a certificate of completion. If needed, the facilitator can also provide more information such as skills learned, attendance, and participation.

What have others said about this group? Previous group participants have stated...

"I was able to take something new from the class by listening to the other parents."

"I hope and pray that this class keeps going for other parents. It was the best experience I ever had."

"This class helped me release stress and helped me with a lot of problems."

"I have learned so much listening to others share their stories."

What are the benefits of attending the group?

Each session the group will move through a unit of the curriculum which will focus on different skills and techniques. The weekly topics are connected with a goal of learning many skills to be used together. The skills and strategies include improving communication, building respect, effective discipline techniques, dealing with difficult subjects and encouraging independence.