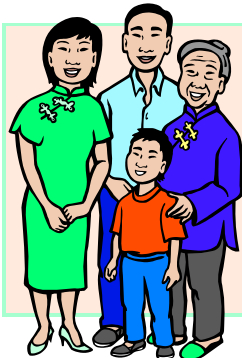
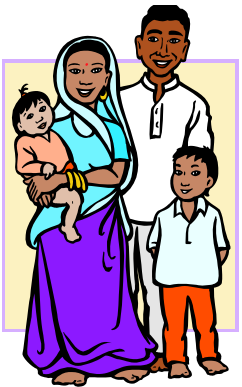


Positive Parenting Workshops @ NEIU-El Centro Campus!



Thursdays @ 5:00pm-6:00pm

Mar 31, 2011	<p>Creating Daily Routines</p> <p>Learn how routines and rituals can help with your child's development and make your life easier as a parent!</p>
Apr 7, 2011	<p>Spanking vs. Time Out</p> <p>Learn why your child misbehaves and how to deal with it by using different techniques that are both effective and positive.</p>
Apr 14, 2011	<p>Promoting Self-Esteem!</p> <p>Learn how to improve your child's self-esteem and behavior by using encouragement and positive reinforcement.</p>
Apr 21, 2011	<p>Healthy and Unhealthy Relationships</p> <p>Learn about the effects of violence on children and families, and how to prevent them.</p>
Apr 28, 2011	<p>Avoid Money Traps!</p> <p>Learn tips on how to manage your money, budget, set goals, and save for the future.</p>
May 5, 2011	<p>Stress Busters</p> <p>Learn how stress can affect the body and how you and your family can manage it.</p>



**3119 N. Pulaski Rd.
Chicago, IL 60641**

Games and drawing prizes for parents who attend! For questions, please contact: Rebeca Lamadrid-Quevedo 773-442-4095 or JP Jael at 773-293-8442



ASIAN HUMAN SERVICES
Community Health Programs



Richard M. Daley
Mayor



Bechara Choucair, MD
Commissioner