



ASIAN FAMILY SERVICES

165 Eldridge Street

New York, NY 10002

Parenting Skills Training Workshop

(October 21 –December 9, 2017)

Chinese-American Planning Council - Asian Family Services Preventive Program invites you to our Parenting Training Workshops, which are culturally sensitive and geared toward Chinese parents raising children in New York City.

Workshops will be conducted in Chinese for **seven (7) Saturdays** from **10:30am to 1:30pm** unless otherwise specified. It will start on 10/21 and end on 12/9/17. There are **NO CLASSES** on 11/25/17. You may bring food and drinks if you like. There is a 15 minutes break during the workshop.

Seats are limited. Registration in advance is recommended. Workshops are **free of charge**.

At the conclusion of the workshop: Prizes will be awarded for perfect attendance. Certificate is awarded for 6 or more sessions of attendance.

	Topics	Date (Sat)
1	Goals, Expectations and Confidentiality issues. Parenting Style. Understanding child development 0 – 5 yrs old and impact throughout life.	10/21/17
2	Understand NYS Child Welfare guidelines, Child Abuse and Neglect. Three Parenting Rules.	10/28/17
3	Self-care. How to Communicate with children more effectively and learn practical skills on Listening and Talking with children.	11/4/17
4	Caretakers and Children Personalities. Expectations vs Understanding Individual Differences and Self-Acceptance.	11/11/17
5	What is Domestic Violence and how it impacts the family. Five Love Languages.	11/18/17
	NO CLASS	11/25/17 - NO CLASS
6	How to Resolve Conflicts and Manage Emotions.	12/2/17
7	Utilizing lessons learned and communicating with children on important issues (family changes, gangs, drugs, sex or computer addictions, etc.) Graduation - Certificate awards and sharing of thoughts for the group.	12/9/17

For more information and registration please contact Ms. Jiang at (212) 941-0030 ext 230 or Ms. Tan at (212) 941-0030 ext 251.