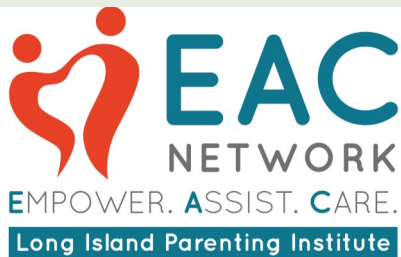


Alternatives For Youth (AFY) Parent Support Group

For Parents of Children 12-18 Years Old



**Monday Evenings
6:00pm-7:30pm**

Groups are FREE

**EAC Network
60 Plant Ave.
Hauppauge, NY
11788**

**Pre-Registration
Is Recommended:
Kathryn Cannino
631-648-7100
x217
Kathryn.Cannino
@eacinc.org**

November– December 2018 **Support Groups**

November 19– Healthy Families

Healthy kids start with healthy parents. Learn tips and tools to bring wellness and good nutrition to your home in order to positively fuel our children's minds, bodies, and futures!

November 26- Understanding Your Teen

Don't recognize the person your teen has become? This workshop helps us get into our teens' minds and teaches us how to reach and empower them on *their* level.

December 3- Are You Helping or Hurting?

Ever wonder if you're enabling your child's behavior by giving in or being unclear on your expectations? Learn the tools of positive discipline to effectively identify and address negative behaviors and skills to communicate appropriate expectations.

December 10-- Positive Discipline Techniques

Learn specific skills to stop your child's negative and out-of-control behaviors and tools to teach and encourage alternative, positive behaviors.

December 17– Teaching Children Self Control

Learn tools to teach and practice effective coping strategies with your children in order to help them stay calm when upset and angry.

