



Sponsored by
Mendocino Community Health Clinic and Raise & Shine

Free

Positive Parenting *in Ukiah*

The first Thursday of each month
from October 2009 through April 2010

6:00 - 7:00 PM

Hillside Health Center

333 Laws Avenue, Ukiah

Main Conference Room

Please see main reception for directions

These free workshops are open to all parents, caregivers, and child care providers, even if your child is not a Hillside patient. This workshop series will cover the following topics. You are welcome to come to some or all of them.

October 1st, *Hurting Others*, Michael Mabanglo, LCSW, PhD

November 5th, *Balancing Work & Family*, Michael Mabanglo, LCSW, PhD

December 3rd, *Quiet Time & Time-out*, Michael Mabanglo, LCSW, PhD

January 7th, *Whining & Tantrums*, Michael Mabanglo, LCSW, PhD

February 4th, *Raising Confident, Competent Children*, Michael Mabanglo, LCSW, PhD, JJ Allende, MD

March 4th, *Disobedience*, Michael Mabanglo, LCSW, PhD, JJ Allende, MD

April 1st, *Bedtime Problems*, Michael Mabanglo, LCSW, PhD, JJ Allende, MD

FREE CHILD CARE IS AVAILABLE.

For more information, please call 462-1233 ext 1.



for every parent

raise & Shine

Healthy children—body, heart and mind.

raiseandshine.org