

Sponsored by
Ukiah Valley Rural Health Center and Raise & Shine

Positive Parenting: Quiet Time & Time-out!

a  free workshop
with

Paul Macdonald, MD

Thursday, November 3rd, 2011

6:00 - 7:00 PM

(provider will be happy to stay to answer questions)

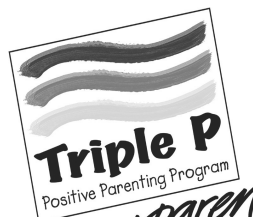
Ukiah Valley Rural Health Center, Pediatrics

260 Hospital Drive, Ukiah

Second Floor Conference Room, Southeast Corner

Do you feel like you've tried everything and your child just won't behave? Have you tried Quiet time or Time-out without much success? This free workshop will help you learn the difference between these two parenting tools and how to use them successfully.

 **FREE CHILD CARE IS AVAILABLE.**
For more information, please call 462-1233



for every parent