



FREE WORKSHOPS ON Positive Parenting

The first Thursday of each month from July through December 2011

6:00 - 7:00 PM

(providers will be happy to stay afterward to answer questions)

Ukiah Valley Rural Health Center, Pediatrics
260 Hospital Drive
Conference Room, Southeast Corner, Upstairs

These *free* workshops are for parents, caregivers, and child care providers. Each workshop will focus on positive solutions to one or two common child behavior issues. Everyone who comes will get a free "tip sheet" that will help them manage this behavior.

July 7th, Jeremy Mann, MD., *Toilet Training and Bed Wetting*

August 4th, Paul Macdonald, MD., *Whining and Tantrums*

September 1st, Laura Mares, LCSW, *Balancing Work and Family*

October 6th, Jeremy Mann, MD., *Disobedience*

November 3rd, Paul Macdonald, MD., *Quiet -time and Time Out*

December 1st, Laura Mares, LCSW, *Hurting Others*

For more information, or for a private consultation on child behavior,
please call 462-1233



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Healthy children—body, heart and mind.

462-1233

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