

MARKMAN  
Children's Programs, Inc.

505 North Main Street • Attleboro, MA 02703 • 508-226-0282

**Come Join Our Monthly Parent Support Workshops**



Workshops will be held on the third Tuesday of each month from 5:00-6:30 at our 505 North Main Street location.

**Workshop topics will include:**

- **The Behavior Battle-** Reducing Your Child's Challenging Behaviors
  - **Growing Up Healthy-** Healthy Food Choices for Your Family
- **Building the Bridge-** Keys to Communication Skills with Your Children
  - **Time Out-** Reducing Your Stress for More Effective Parenting
- **User Friendly DCF-** Understanding The Department of Children and Families Role in Your Life

These are just a few of the workshop topics that will be covered.

Please contact Janice Chabot at 508-226-0282 or markmanjc@yahoo.com for any ideas or suggestions you have for upcoming workshop topics. We encourage your input.

***Dinner & Child Care are offered at each workshop.  
Raffles will be held at each workshop.***

