

Setting Limits That Really Work

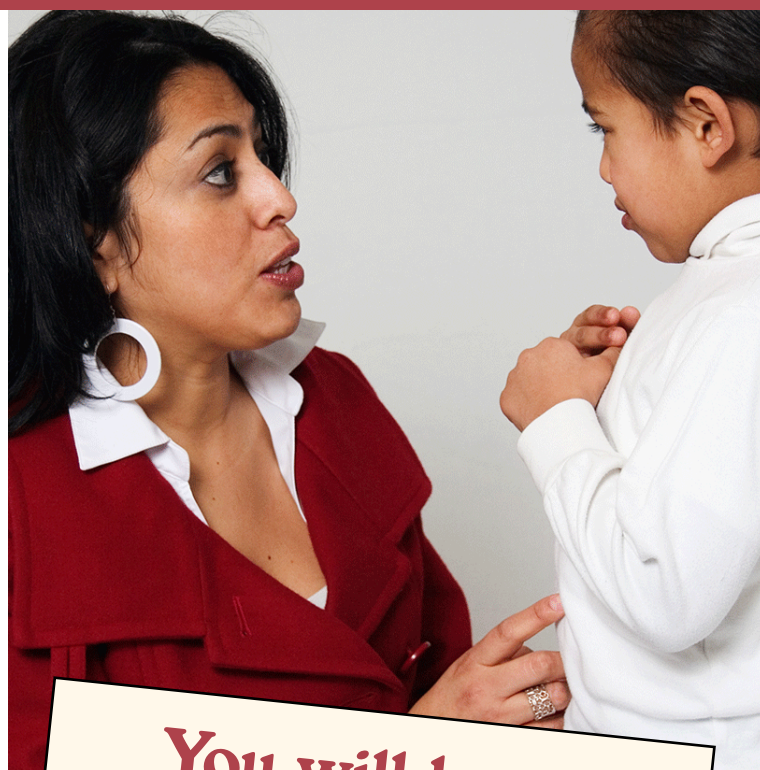
This fun, hands-on workshop is designed to help parents and caregivers of young children understand the importance of limit-setting and practice skills to help them do so simply and effectively.

**Tuesday
Nov. 15, 2016
12 - 2 PM**

Mental Health Association
Orange County, Inc.

73 James P. Kelly Way, Middletown, NY 10940

Presented by Denyse A. Variano, RN, MPS,
Family and Consumer Sciences Issue Leader, Cornell Cooperative Extension Orange County



You will learn:

- ✓ Why limits matter
- ✓ How to communicate limits to young children
- ✓ Using "Natural and Logical Consequences" to reinforce limits

For information and registration

email jbauer@orangecountygov.com or call 845-360-6710

PEP Talks is a series of FREE trainings provided by collaborating agencies, programs & people



Cornell University
Cooperative Extension
Orange County

Family & Consumer Sciences
4-H Youth Development
Agriculture

18 Seward Ave., Suite 300
Middletown, NY 10940-1919
845-344-1234
cceorangecounty.org