

PARENTING SKILLS: PARENT AND SUPPORT EDUCATION (PASE) SATURDAY, 9/14 10A-2P



1-DAY INTENSIVE!

This free course, open to the general public, is an exploration of **five key communication tools** that can enhance your relationships at work, at home with your spouse or partner, and with your children.

In-Person Adult Workshop Intensive: *Communication*

- “Encouragement”
- “Can Do”
- “Decision Making”
- “Self-Control”
- “Respect Feelings”
- Positive Discipline
- Co-Parenting

Apply skills for today and a lifetime!

Please pack a bagged lunch!

Registration required :

contact Heather L. Ohlson, Community Educator
hlo9@cornell.edu 845-677-8223 x156



**Cornell Cooperative Extension
Dutchess County**

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Please contact the CCEDC office if you have any special needs.