

The **Parent Advisory Council**
Presents

Children's Health Project of DC
1901 Mississippi Avenue, SE #104
Washington, DC 20020
Phone: 202-436-3060
Fax: 202-436-3090

Parents in Control ! Parent Training Classes

FREE!!!

Every Wednesday for 6 weeks

10:00am - 12:00noon

August 11, 2010 - September 15, 2010

(Education Credits have been approved for Foster Parents)

THEARC

1901 Mississippi Avenue, SE
Washington, DC 20020

To Register call: Ellen Wiggins, LICSW
202- 436-3076

You will learn how to:

- **Communicate effectively with your child**
- **Avoid power struggles with your child**
- **Give positive attention**
- **Stay calm in frustrating situations**
- **Balance discipline with affection**
- **Praise your child's good behavior**



Mission: The Parent Advisory Council serves to enhance the quality of services, resources and information provided at the Children's Health Project of DC while promoting awareness and involvement in health and wellness activities of the families in our community.

