

Small changes,
big differences.



Two hours is all you need for a Triple P Discussion Group

Get positive strategies to manage challenging behaviors
(for caregivers of children ages 2-12)

- **Oct. 8: Developing Good Bedtime Routines**
- **Oct. 15: Dealing With Disobedience**
- **Oct. 22: Hassle Free Shopping With Children**
- **Oct. 29: Managing Fighting and Aggression**

DATE: Monday, October 8, 15, 22, and 29

TIME: 6:00-8:00pm

VENUE: The Professional Building

34 West 2nd St. Suite 18

Ashland , OH 44805

PRESENTER: Nicole Mann, LPCC, ECMHC

Choose the topics that are of interest to you. Pick one or all four!

Please call the Catholic Charities office at 419-289-1903 or email mann@ccdocle.org to reserve your spot. Registration will be limited to 12 individuals. There is **NO COST** to attend. **Please note that childcare will NOT be available.**

www.triplep-parenting.net