



BOOST PARENTAL CONFIDENCE

The Bayshore Family Success Center will facilitate Systematic Training for Effective Parenting (STEP) for Children Under Six.

Parents will learn:

- > Long-term goals of parenting
- > How young children think, feel, and act
- > Skills to increase enjoyment and effectiveness as a parents
- > Skills to develop children's self-esteem and confidence
- > Support for parents as people, not just parents
- > Effective ways to teach cooperation and discipline



A certificate will be provided to participants who attend all 7 sessions.

Dinner will be served! Please RSVP so we can reserve your spot! Call or e-mail us at 732.497.3811 or familysuccess@cymca.org.

Thursdays, Jan. 31 – March 14 | 5– 6:30 p.m.

Bayshore Family Success Center | 945 St. Hwy. 36 | Leonardo, NJ 07737

THE COMMUNITY YMCA

BAYSHORE FAMILY SUCCESS CENTER | Henry Hudson Trail Activity Center

945 State Highway 36

P: 732.497.3811

Leonardo, NJ 07737

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TheCommunityYMCA.org/bfsc



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