

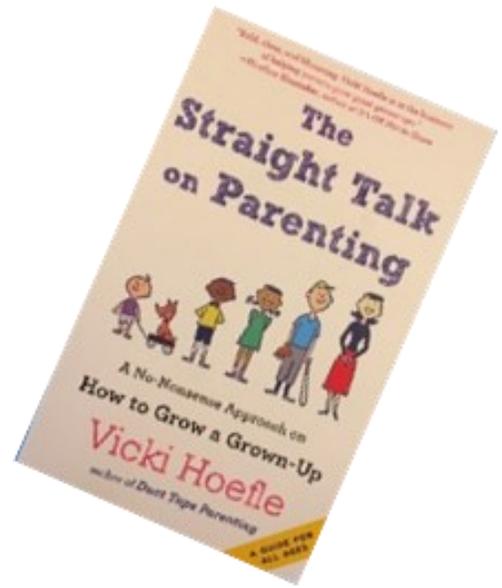


Family Center
OF WASHINGTON COUNTY

Presents:

Free

Two-night workshop!



How to Grow a Grown-Up

by Vicki Hoefle

Learn How To:

- Identify the challenge quickly so parents can put their energy into finding solutions instead of getting weighed down by details of the drama
- Identify strategies to get through a “red zone” moment that will move the action forward without making things worse
- Design routines, structures, boundaries, and limits in combination with a child’s unique needs to achieve the perfect blend of boundaries and independence

TUESDAYS: December 5 and 12, 2017 ♦ 6 – 7:30 P.M.

**Family Center of Washington County Early Childhood Building
383 Sherwood Drive, Montpelier, VT**

**Call Christopher Robertson at the Family Center:
262-3292, Ext. 115 or email christopherr@fcwcvt.org for more
information or to register and reserve child care.**

Class size and child care is limited. Advance registration is required

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For more information on the programs and services of the Family Center, visit
www.fcwcvt.org