



PARENT RESOURCE CENTER

110 W Broadway Suite 202 Williston, ND 58801

774-6335



January 2009



FREE

Spring 2009 Program Schedule

To pre-register call 774-6335. All FREE programs held at Wms. Co. Soc. Service/UMDHU Bldg – 110 W Broadway



1,2,3,4 PARENTS!

Thursday, Jan. 22, 2009

6 – 9:00 p.m.

This FREE one night program is for parents of 1 – 4 year olds.



BUILDING BRIGHT FUTURES

Parenting Attention Deficit Children

Thursdays, Feb. 12, 19,

& 26, 2009

6:30 – 9:00 p.m.

This FREE 3 session program is for parents of children with symptoms or a diagnosis of ADD/ADHD.



PARENTS ON BOARD

Building Academic Success through Parent Involvement

Monday, Feb. 23, 2009

6 – 9:00 p.m.

This FREE one night program is for parents of 5 – 14 year olds and includes a parent handbook.



BRIGHT BEGINNINGS

This FREE 5 session program will be offered for expectant parents, parents of children Birth – 8 or child care providers.

Monday evenings, March 2– 30

6:30 – 9 p.m.

March 2 Brain Development & Attachment

March 9 Physical Development & Play

March 16 Magic of Reading

March 23 Prevention for Young Children

March 30 Emotional Intelligence & Social Development



POSITIVE

PARENTING OF TEENS

Thursdays, March 19, 26 &

April 2, 2009

6:30-9 p.m.

This FREE 3 session program is for parents of children 12-18 years of age.



PARENTING THE STRONG WILLED CHILD

Mondays, April 27 & May 4, 2009

6:30 – 9:00 p.m.

This **FREE** 2 session program is an opportunity for parents to share and learn techniques to better understand and handle strong willed children.


CREATING PEACE AT HOME
(Selected thoughts from Cheryl Erwin)

Someone once said, "Peace in our world begins with peace inside each one of us." But there's more to it than that. Peace in our community, our nation, and our world begins with peace in our homes. But how do we create a peaceful home? Here are some suggestions:

First, stop yelling. Kids dread it and often learn to respond by yelling back. It is ineffective and makes our homes noisy too. People are generally more willing to listen when spoken to calmly. When yelling stops, your home will immediately become a more peaceful and welcoming place.

Second, practice the art of mutual respect. Treat your children with respect and you may discover more coming back to you. Children learn from our example: if we wish to be treated with respect, we must model what we want to see. Children are not equal to adults in rights, privileges or responsibilities but they are equal in human worth and dignity.

Third, listen. Listen a lot. Listen to words and facial expressions and body language. Listen silently until the other person is finished speaking. Learn to listen with your heart and the people you love are likely to feel understood. That in itself is a small miracle.

Begin to create peace in your home and who knows what might happen after that?



Thanks to District 1 Public Schools this newsletter is online www.williston.k12.nd.us – to view click on Community Resources then Parent Resource Center.

2009 PROGRAM DATES FOR PARENTS FOREVER™

Education for Families in Divorce Transition

This program will be in either Williams Co. Courthouse or McKenzie Co. Courthouse from

- 5 – 9:30 p.m. on Thursdays:**
- **Jan. 15th – Williston**
 - **March 26th – Watford City**
 - **May 28th – Williston**
 - **Sept. 17th - Williston**

PLEASE NOTE...

There is a **\$55.00** fee payable to Williams County Extension Service for this 4 hour program that includes a handbook and a meal.

To get a brochure/registration form, call Williams Co. Extension Service, 577-4590.

Pre-registration and payment are REQUIRED and due one week before the program date.

This program is sponsored by Williams Co. Extension in cooperation with the Parent Resource Center and Divide and McKenzie Co. Extension.



This kindergarten readiness program for parents and children who will enter kindergarten in the fall of 2009 will continue to run at Wilkinson, Rickard, Hagan and Trenton Elementary Schools this spring. If you are interested in finding out more contact the school your child will attend or the Parent Resource Center.

If your child will attend kindergarten at Lewis and Clark Elementary you are encouraged to sign up for the 10 session GEARING UP FOR KINDERGARTEN program there that starts **Jan. 15th**. Call the school, 572-6331, to get a brochure/registration form.



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