



The Center for Advancement,  
Renewal and Education presents

## Parent Workshops 2008-09

▶ Exclusively for  
Dandelion Families

Wednesday, November 5

*"Let's Take It Outdoors!"*

*Examining the Importance of Experiences in Nature*



What is a nature-deficit society? This workshop will answer this question and reveal the many benefits children receive by spending time in natural environments.



Thursday, January 8

*"Why Did You Do That?"*

*Understanding Normal Developmental Challenges*

Fact: Typically developing children exhibit challenging behaviors. Learning about these normal behaviors can make parenting a more enjoyable task and help children grow and develop in more positive ways.

Tuesday, March 10

*"How Are You Feeling?"*

*Granting Children Their Emotions*

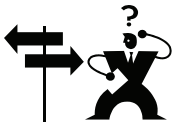


Helping children understand their emotions opens up a whole new world of relating to others more effectively. This workshop will provide strategies for helping children become more "emotionally literate."

Thursday, May 14

*"What Happens Next?"*

*Guiding and Nurturing Children through Changes*



Transitions and change are part of all children's lives. Helping children navigate through changes while providing support and understanding can decrease stress and enhance a child's sense of security.

All workshops are held at Dandelion from 6:30—8:00 p.m. Refreshments will be served at 6:30 p.m. for families. Childcare is provided but is limited. Cost for childcare is \$5.00 per child. Child care fees can be paid in advance or the night of the workshop. Please register at the front desk. There is no charge for parents to attend the monthly workshops.

Facilitator:

Sue Mogard, M.S., is a human developmentalist specializing in promoting positive development in children and those who live and work with children.