



NORTHERN ILLINOIS UNIVERSITY

**Child Development
and Family Center**

College of Health and Human Sciences

The 4-C Family Enrichment
Program and NIU Child Development
and Family Center presents:

Dear

Enjoy a parenting workshop offered
in a relaxed, supportive environment.

This series is designed to support you in
navigating through the joy, fears, laughter,
and tears of raising children and become
empowered to parent with purpose.

This six-week workshop is offered Thursday
evenings from 5:45-7:45 p.m. beginning
9/21/23-10/26/23.

Location for workshop:

NIU Child Development and Family Center

**Geared towards parents with
children ages 8 and under*

Topics Include:

- Child Growth & Development
- Effective Communication
- Fostering Positive Self-Esteem
- Managing Stress & Anger
- Child Guidance
- Enhancing Family Life

D.E.A.R. Parenting

(Devote. Encourage. Attach. Respond)

A Six-Week Group Parenting Class

- ♦ **Free Parenting book**
 - ♦ Receive a new children's book
 - ♦ Meet other parents
- ♦ ***Free child care***
- ♦ Group Discussion
- ♦ Practical information
- ♦ ***Snacks Provided***

Class is FREE!

Registration is REQUIRED

Register by September 7, 2023.

**Call Rose at 815-758-8149 x228
Or email at rosem@four-c.org**

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Child Care, Illinois State Board of Education and a grant through
Kishwaukee Sunrise Rotary

