Virtual and In-Person Parenting Support Opportunities

SYNTERO IS OFFERING SEVERAL IN-PERSON AND VIRTUAL PARENTING SUPPORT OPPORTUNITIES THROUGHOUT THE MONTH OF FEBRUARY AND INTO MARCH.

Support sessions are for parents and caregivers of children from ages 0-8. Participants will learn how to get more positive behaviors from their children and fewer negative behaviors.

The positive parenting series will take place on Wednesdays and will be held virtually on Zoom.

Individuals can attend any or all of the classes for free.

Developing Good Bedtime Routines - Feb. 9, 1-2:30 p.m.

Dealing With Disobedience – Feb. 16, 1-2:30 p.m.

Managing Fighting and Aggression – Feb. 23, 1-2:30 p.m.

Interested individuals can RSVP at <u>https://forms.gle/UE6qwHjaCUzSFZfP7</u>.

For parents and caregivers who would like to meet face-to-face, an in-person positive parenting series will be held at Big Walnut Preschool with dinner provided.

Developing Good Bedtime Routines – Feb. 16, 5:30-7 p.m.

Dealing With Disobedience – Feb. 23, 5:30-7 p.m.

Managing Fighting and Aggression – March 2, 5:30-7 p.m.

Hassle-Free Shopping – March 9, 5:30-7 p.m.

Interested individuals can RSVP at <u>https://forms.gle/FvBHrwG3KVdp2wEh8</u>.

The five-week parenting support group will be held virtually on Zoom. It is designed for parents and caregivers who are willing to make a 1.5 hour weekly commitment to working on comprehensive parenting.

The first session will take place on Feb. 22, from 6-7:30 p.m., with subsequent sessions on March 1, March 8, March 15 and March 22. Parents are expected to attend all five sessions.

Interested individuals can RSVP at <u>https://forms.gle/P9twUKojaWFdTkrv5</u>.

If you are dealing with a specific misbehavior, brief individual support sessions are available by contacting **Kyra Wheeler** at **614.980.8199**.

