



Parent Trainings and Workshops

Mount Vernon Parent Skills Coaching

Family Ties of Westchester, Inc. is offering evidence-based parent skills coaching to families raising children or young adults with social, emotional, and behavioral challenges. These sessions will promote positive, strength-based relationships and will support caregivers by enhancing their skills, fortifying effective communication techniques, and fostering parenting self-esteem. The sessions will cover, but are not limited to:

- Learning effective discipline strategies and techniques
- Developing positive and caring family relationships
- Improving family communication
- Teaching children healthy decision-making strategies

Date: 3/2/19, 3/9/19, & 3/16/19

Time: 9:00am-1:30pm

Location: Family Ties Resource Center, 105 Stevens Avenue, Suite 402, Mount Vernon, NY 10550

Cost: Our parent coaching service is free of charge and is offered on a first-come, first-served basis. Attendees who complete all sessions will receive a certificate.

Contact: For more information, please call (914) 667-9369

Website: <http://www.familytieswestchester.org>

Yonkers Parent Skills Coaching

Family Ties of Westchester, Inc. is offering evidence-based parent skills coaching to families raising children or young adults with social, emotional, and behavioral challenges. These sessions will promote positive, strength-based relationships and will support caregivers by enhancing their skills, fortifying effective communication techniques, and fostering parenting self-esteem. The sessions will cover, but are not limited to:

- Learning effective discipline strategies and techniques
- Developing positive and caring family relationships
- Improving family communication
- Teaching children healthy decision-making strategies

Dates: 3/5/19, 3/12/19, 3/19/19, 3/26/19, 4/2/19 & 4/9/19

Time: 4:45pm Sharp to 7:15pm

Location: Family Ties Resource Center, 30 South Broadway, 7th Floor, Yonkers, NY 10701 (New Address)

Cost: Our parent coaching service is free of charge and is offered on a first-come, first-served basis. Attendees who complete all sessions will receive a certificate.

Contact: For more information, please call (914) 964-2063 Must be Pre-Registered to attend

Website: <http://www.familytieswestchester.org>

**More parent trainings and workshops coming soon...
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