

BE THE ONE:



A parent workshop for building resilient children and families (Birth to age 8)

2020 SCHEDULE

JANUARY *

Tuesday/Thursday

January 7, 9, 14, 16

6 - 9 p.m.

Northwest Elementary School

MAY

Wednesday

May 6, 13, 20, & 27

9 a.m. - 12 p.m.

Lebanon Family Health Services

AUGUST

Tuesday/Thursday

August 18, 20, 25, 27

6 - 9 p.m.

Lebanon Family Health Services

NOVEMBER

Tuesday/Thursday

November 10, 12, 17, 19

9 a.m. - 12 p.m.

Lebanon Family Health Services

* Classes offer Spanish translation

“BE THE ONE” allows parents the opportunity to examine and identify the skills to be resilient.

- Identify the impact of early childhood trauma and how to build protective factors.
- Identify strategies for parent/child bonding and how to maintain these bonds with conflict resolution.
- Learn how to be an active parent through better communication skills.
- Learn to assist their child in how to constructively express emotions.
- Implement more effective techniques for discipline.

Contact Holly Dolan:

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Lebanon Family Health Services will not discriminate against any employee, applicant for employment, independent contractor, client, or any other person based on race, ethnicity, age, gender, religious affiliation, ancestry, union membership, sexual orientation, gender expression or identity, national origin, legal residence, ability to pay, parenthood, marital relationship, contraceptive preference, AIDS or HIV status, or disability.

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INTERVENTION
of Lebanon County, Inc.

717-273-7190 / dviolc.org

In partnership with



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