

# Positive Parenting Strategies

Coleman Professional Services and Kent City Schools join to bring you this free series. You will receive concrete strategies and be given time for your specific questions. Join us for one topic – or join us for all three



**March 9, 2010**

6 - 7:15 pm

Bruce Kottler, Ph.D.

Director of Child and Adolescent Services, Coleman Behavioral Health

## Who's in Control? Effective Discipline

Do you have one in your family who is always pushing your buttons? Improve your relationship with your child and learn the power of supporting positive behaviors. You will feel more in control as you add to your list of effective discipline strategies.



**March 23, 2010**

6 – 7:15 pm

Jennifer Klatka, PCC and Dana Matthews, PCC  
Outpatient Therapists, Coleman Behavioral Health

## Anger Management

Do yourself and your child a favor. Learn how to recognize the anger cycle, how to interrupt it and how to diffuse the situation.



**April 6, 2010**

6 – 7:15 pm

Bruce Kottler, Ph.D. and Liesl Glover, M.S., Coleman Behavioral Health

## Youth and Mental Health Issues: Prevention and Interventions

One in seventeen youth will face a mental health issue in their life. Find out what issues your youth is facing, how to recognize potential problems, and the “who, where, and when” of getting help.

Discussion will include behaviors such as self-injury, eating disorders, anxiety, and suicidal thinking.



All three programs will be held at the

## Kent Free Library

2<sup>nd</sup> floor Community Room  
312 W Main Street  
Kent OH 44240



**Free childcare – must RSVP** for childcare – for more information on the programs, or to RSVP for childcare contact the Parent Mentor at 330-676-7661 or [ke\\_parentmentor@kentschools.net](mailto:ke_parentmentor@kentschools.net)

Check out the new **Bookends Café** on the first floor. Their coffee, bottled drinks, pastries, chips, and more are welcomed in the community room.