

**Exchange Club's
Free Positive
Parenting
Group
Now in Shelby
County**

**Starting Tuesday
May 6, 2014
12-1pm
North Shelby
Library
5521 Cahaba Valley Road
Birmingham, Alabama
35242**



- Open to the public
- For Parents/Caregivers of Children 13-17 yrs old
- Bring your Brown Bagged lunch- Eat & Learn
- Group meets weekly
- Childcare not provided
- Children not permitted to attend
- Please be on time-only 5 minute grace period

Our Topics Include:

Communicating With Your Children
Discipline vs. Punishment
Alternatives to Spanking
Positive Discipline
Family Rules
Setting Limits
Anger Management for Parents
Anger Management for Children
Stress Management for Parents
Managing Stress in Children

**Exchange Club Child Abuse Prevention Center's
New Positive Parenting Group Location
1st Floor North Shelby Library**

For more information contact:
Ruby Felton or Melanie Sokol
at
(205) 801-5151



Exchange Club Child Abuse Prevention Center
2300 10th Court South
Birmingham, Alabama 35205
(205) 801-5151 Office
(205) 801-6040 Fax

www.StopChildAbuseAlabama.com