

TwinRivers
UNIFIED SCHOOL DISTRICT

Present...

and



Dare To Be You

FREE Workshop For The Whole Family!

Wednesdays this Spring

at

Oakdale Elementary School

3708 Myrtle Ave

North Highlands, CA 95660

**Free Family Dinner at 5pm
Workshop from 6pm - 7:30pm**

Free childcare and children's activities related
to workshop topic provided by
Child Action, Inc.

Please call (916) 566-1600 ext.1553
to register for the dinner and workshop.

Funding provided by:



Dare To Be You is a new way of looking at parenting your child 6-years-old and younger. Dare To Be You believes that children who are valued for their unique qualities learn to value themselves and are less at risk for problem behaviors. Through these parenting education workshops, you will learn how to give your child a positive world view, to believe in their future, to work towards goals, and to develop a positive self-concept. Workshops will discuss:

Jan 13- Welcome, Workshop Overview, Dinosaur Awards

Jan 20- Developing Self-Concept, Positive Reflections

Jan 27- Valuing Differences, Killer Messages, Wounded in Action

Feb 3- Developing Self-Responsibility, Control Auction

Feb 10- Internal Control, Releasing Tension, Stress Card

Feb 24- Developing Communication Skills, Problem-Solving

Mar 3- Levels of Reasoning, Rechecking The Vision

Mar 10- Positive World View, Responsibility

Mar 17- Parent's Toolbox of Discipline

Mar 24- Self Esteem, Graduation

*no class Feb 17