

FAMILY LIFE SKILLS WORKSHOPS  
offered by the YMCA - TLC Family Institute

THURSDAY WORKSHOP SCHEDULE – Fall 2009



Join us for these interactive and informative workshops. Each week we discuss tips, tools and timely reminders for guiding and encouraging children's behavior with long-lasting positive results!

**8/20 What to Do When Your Kids are Driving You Crazy!** – Discover how to keep your sanity and peace of mind while enjoying life with your kids even more!

**8/27 Homework without Hassles!** – Decrease power-struggles, teach responsibility and goal setting. Children can be self-motivated to do homework!

**9/3 No WORKSHOP - see you next week!**

**9/10 Anger and Stress** – What you can do to bring more peace and calm into your life. But, only if you want to! Is it time to let go of old behaviors that are no longer serving you?

**9/17 Decisions, Decisions!** – Build confidence in your child's ability to make good decisions. Give them the tools they need and the opportunity to practice this important life skill.

**9/24 Discipline Tools That Work!** – Kids behave well. Kids behave poorly. It's a fact of life. Create more positives in your family by using these practical, easy to use methods that really work!

**10/1 Can You Hear Me Now? *Is Anyone Listening?*** – Relationships are built on communication. Open those lines of communication and get the results you're looking for!

**10/8 Stop the Drama: Conflict 101** – Understanding and dealing with *the who, what, why and how* of conflict, AND what you can do about it!

**10/15 Teenagers 911** – Understand what has happened to your child! Learn when to flow with the changes and when to stick your ground. It is possible to maintain positive communication and healthy relationships with your kids throughout their adolescence. *Really!!*

**10/22 Understanding Your Child's Attitude & Personality** – Is your child inflexible, overly sensitive, impulsive, or intense? Learn about these and other traits that can create stress and conflict in your family.

**10/29 Media and Your Children... Think about it!** – How the media influences attitudes and behaviors, and what to do to optimize the effects of the media in your life and in the life of your child.

Workshops are held every Thursday from 6:15 – 8:15pm in North Park at the  
YMCA Youth & Community Center - 2929 Meade Ave, San Diego 92116

Each workshop costs \$25 for one person or \$35 for two. Partial scholarships are available.  
Attend 7 workshops and get the 8<sup>th</sup> one FREE!

For more information contact Debra Roberts at 619.281.8313, x110 or [droberts@ymca.org](mailto:droberts@ymca.org). or, go to our website [http://www.yfs.ymca.org/english/index\\_cbs\\_TLCFamily.html](http://www.yfs.ymca.org/english/index_cbs_TLCFamily.html) to learn more!