

Southwest Sessions

"Incredible Years"

Use the "Parenting Pyramid"
to feel confident & comfortable with discipline.

Increase social
competence.

Increase
positive behaviors.

Create strong bonds
with your child.



Incredible Years

POWERFUL TOOLS for POWERFUL PARENTS!

Do you ever find your parenting skills "bank account" overdrawn? Most parents struggle, feel alone or get frustrated at one time or another and most children misbehave at one time or another. Find ways to "increase deposits".

Beginning Monday, **March 2nd**, 2009

Supper: 6:00

Session: 6:30—8:00 p.m.— Regent School

Must register by February 27th

Childcare provided.

Call to register: 456-0007 or

toll free 1-877-264-1142 or

e-mail: debra.theurer@ndsu.edu

A collaborative effort of Governor's Prevention Advisory
Council Grant and NDSU Extension Service

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Incredible Years

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Do you ever find your parenting skills "bank account" overdrawn? Most parents struggle, feel alone or get frustrated at one time or another and most children misbehave at one time or another. Find ways to "increase deposits".

Beginning Tuesday, **March 3rd**, 2009

6:30—8:00 p.m.— Dakota Room Courthouse

Must register by March 2nd.
Childcare provided.

Call to register: 456-0007 or
toll free 1-877-264-1142 or
e-mail: debra.theurer@ndsu.edu
West Dakota Parent & Family Resource Center

A collaborative effort of Safe and Drug Free Communities
Grant and NDSU Extension Service

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Funding for this Newsletter provided in part
by ND Dept. of Human Services—

Children & Family Services and Stark/Dunn County Extension

Community Forums

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Parents Talking To Parents
Circle of Parents
 Sharing parenting ideas.
 Sharing parenting support.

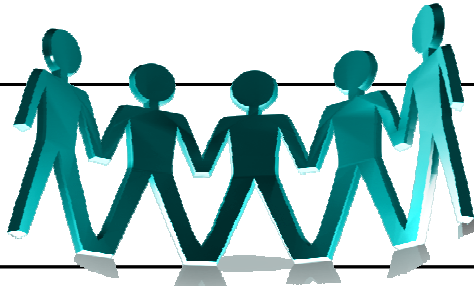
Thursday, **March 19th**, 2009
 Beginning at **6:30—7:30 p.m.**
 Hettinger Lutheran Church

Watch for more details about the topic of the month!

Childcare provided.

Call Pat at **567-2598** by March 17th to arrange for childcare during the session.

A collaborative partnership of ND Dept. of Human Services-Children & Family Services and West Dakota Parent & Family Resource Center



Conflicting Opinion: Who's Right...

Do you believe... what your kids think you believe about Alcohol, Tobacco, and other Drugs? To get the real answers, attend this community forum.

During the months of March and April, Southwest Coalition of Safe Communities and Prevention Programs will be conducting COMMUNITY FORUMS based on our Regional Alcohol and Drug survey conducted in most schools and communities in Southwestern North Dakota. Participants will receive information about alcohol and how alcohol effects us and families.

Please join us in these discussions and find out the real answers. There will be a registration for door prizes.

When	Community	Location/Time
March 12	<i>Beach</i> Community Forum	Beach High School—7:00 PM
April 2	<i>Hettinger</i> Community Forum	Hettinger High School—7:00 PM
April 7	<i>Belfield</i> Community Forum	Belfield High School—7:00 PM
April 22	<i>Dickinson</i> Community Forum	Dickinson High School—7:00 PM
April 23	<i>Richardton</i> Community Forum	Richardton High School—7:00 PM
April 28	<i>Bowman</i> Community Forum	Bowman High School—7:00 PM
April 29	<i>Killdeer</i> Community Forum	Killdeer High School—7:00 PM