

- January -
 Pt. 1 (TK)— Raising
 "Above the Influence Kids"
 Pt. 2 (H)—
 What You Need to Know
 About Suicide

Learn ways to prevent
 substance abuse and other risk
 factors in your kids'
 lives. Talking with our kids
 makes a difference—it is
easier than you think!

How to approach and teach
 your child about the dangers of
 substance use and self harm

- February -
 Pt. 1 (TK)—Brain Gym
 Pt. 2 (H) —
 Sensory Integration 101

Pt. 1 (TK) —Ideas to help
 child and yourself focus
 and increase/enhance
 attention span!

Pt. 2 (H) —Learn ways to
 help your child at home
 and at school to manage
 sensory issues



- March -
 Basic Parenting
 Techniques
 That Really Work!



We will be getting
 back to the basics
 of parenting!
 What are the
 ingredients for a
 good direction?

Families will *actively* learn how to
 better communicate with their
 children ... It even works on spouses
 and other family members!

- April -
 Making "The Talk"
 a Whole Lot Easier!

Finding it hard to sit
 down to have "that
 talk?" Get some
 great ways to
 begin to open the
 conversation
 between your
 children and yourself!



Free Dinnerw/registration—5:30
 Workshop 6:00 -7:30 p.m.
 Free Childcare w/Registration

Locations

Middleville (TK): January 13—Monday***
 February 10—Monday***
 March 10—Monday
 April 14—Monday

Where: 1st Baptist Church,
 5215 N M 37, Middleville

Hastings (H): January 27—Monday***
 February 24—Monday***
 March 24—Monday
 April 28 —Monday

Where: Hastings Baptist Church
 309 E. Woodlawn, Hastings

***The January and February
 workshops will have
 2 separate topics ...

Raising Above the Influence Kids
 and Brain Gym
 will be offered at the
 Middleville location only and
 What You Need to Know About Suicide
 and Sensory Integration 101
 will be offered

Bring your children ... They will learn too!
 We provide activities for children that go along with what parents are learning!

Contact 269.945.KIDZ (5439)
 for questions and pre-registration

Pizza from
Three Brothers Pizza
Dinner and Child Care
provided free with
Pre - Registration!

Workshops address needs of families with children from pre-school to high school

Participants will receive Certificates of Participation for 1 1/2 training hours. These hours can be used for training requirements for Foster Care, Daycare and possibly other required training needs.

Brought to you by:

- Family Support Center of Barry County
- Barry County Community Mental Health and Substance Abuse Auth.
- Barry Intermediate School District
- CA Head Start, Barry County
- 1st Baptist Church, Middleville
- Hastings and Thornapple Kellogg Schools
- Hastings Baptist Church
- P.O.P—Parents of Puzzles
- Three Brothers Pizza
- United Way of Barry County
- WBCH
- Willing to Wait/Pregnancy Resource Ctr.

FSCBC – Family Support Center
of Barry County
PO Box 304
Hastings, MI 49058
Address Service Requested

For Parents AND Kids!

Family
Workshop
Series
2014

In Barry County

Free Dinner (w/registration) 5:30 p.m.
Free Workshop 6:00 - 7:30 p.m.
Free Childcare (w/registration)

January—Split Topic!

Part 1(TK)—Under All Influences

Part 2 (H) —What You Need to Know
About Suicide

Liz Lenz and Marc Zimmerman, Barry County Mental
Health and Substance Abuse Authority

February—Split Topic!

Part 1(TK)—Brain Gym

Amy Cherry,

Part 2 (H) - Sensory Integration 101

Jackie Kimbrough, OT, Barry Intermediate
School District and Summer

March

Basic Parenting Techniques
That Really Work!

Dawn Coltson, LLMSW, Barry County Mental Health
and Substance Abuse Authority

April

Making “The Talk” a Whole Lot Easier!

Tonya Delnay

Pregnancy Resource Center, Grand Rapids

Contact 269.945.KIDZ (5439)
for questions and pre-registration

