



# Nyack Family Resource Centers Present PARENTING WORKSHOP SERIES

**Mondays, 6:30pm\* - 7:30pm**

\*Doors Open at 6:15pm

**THE NYACK CENTER  
58 Depew Avenue, Nyack**

- March 5 - Improving Parent-Child Relations
- March 12- Building Your Child's Self-Esteem
- March 19 - Managing Difficult Behaviors
- March 26 - Teaching Internet Safety

Childcare & Pizza Dinner Provided. Se Habla Español  
For More Information Call Your FRC at 845-353-7268



Workshops  
Facilitated by  
Evelyn Bautista-Miller,  
Founder, Tender Steps  
of NY, Inc.

**WIN WEEKLY  
RAFFLE PRIZES!**

**FREE  
PROGRAM!**  
Come to one workshop  
or all of them!

TO REGISTER: Please complete form below and return to your school's FRC or call 845-353-7268

Parent Name: \_\_\_\_\_ Student Name(s): \_\_\_\_\_ Grade(s): \_\_\_\_\_  
Tel/Cell No: \_\_\_\_\_ Email: \_\_\_\_\_

I plan to attend the following workshops (check ALL that apply):

\_\_\_\_\_ Improving Child-Parent Relations \_\_\_\_\_ Managing Difficult Behaviors  
\_\_\_\_\_ Building Your Child's Self-Esteem \_\_\_\_\_ Teaching Internet Safety

\_\_\_\_\_ I WILL require childcare for my children. Please indicate no. of children: \_\_\_\_\_



QUESTIONS? Call your Family Resource Center at 845-353-7268 or email: [rberlin@nyackschools.org](mailto:rberlin@nyackschools.org)