



# the PARENTING WISELY

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Join the YMCA Counseling Service for Parenting Wisely, a 7 segment evidenced-based parenting skills training program, which aims to improve family relationships as well as to reduce problem behavior . It also focuses on improving social competencies and school performance.

Starts with video segments followed by participating in curriculum-guided discussion to build skills for a healthier family.

Free family parenting workbook included at the end as well as parenting certificate.

Full program runs one time, an hour and a half long. Four days to potentially take the program.

Tues, May 12<sup>th</sup> 6:45 pm

Tues, May 26<sup>th</sup> 6:45 pm

Tues, June 9<sup>th</sup> 6:45 pm

Tues June 23<sup>rd</sup> 6:45 pm

6:45 PM - 8:45 PM Tuesdays

<https://ymcanyc.webex.com/ymcanyc/j.php?MTID=m7ab68613b2935bflafd63eba5f45c803>

Meeting Number: 611 260 105

Or join by phone:

1+415-655-0001

Access Code 611 260 105

1+855-749-4750

