

MIDSTEP CENTERS FOR CHILD DEVELOPMENT

**WEDNESDAY NIGHT WORKSHOPS**

Spring 2009 – 6:30-8:00 pm

Dr. Peter Montminy March 4<sup>th</sup>

---

***“Communicating & Connecting with Your Kids in a Media Driven World”***

Worried that modern TV, music, video games, internet, and cell phones are taking over your child’s mind, if not soul? Learn how to maintain a more meaningful, loving, and fun relationship with your kids today!

Dr. Rachel Love March 18<sup>th</sup>

---

***“Parent Support and Survival Tips for the First Two Years of Life” (Babies Welcome!)***

Meet other parents to discuss the joys and challenges of parenting in the first two years. We’ll focus on attachment and also discuss infant temperament, eating and sleeping habits and parent self-care.

Dr. Judith Marsh March 25<sup>th</sup>

---

***“Helping Children Grieve the Loss of a Loved One”***

Grief is a natural reaction to the loss of loved ones for all people. We will focus on useful techniques and strategies to use with children experiencing losses such as grandparents, parents, and even family pets.

Dr. Carol Skinner April 8<sup>th</sup>

---

***“Parenting of Teenagers”***

This workshop will help parents gain a better understanding of adolescent development and provide positive parenting approaches to help improve the atmosphere in the home.

Peggy Nadenichek April 15<sup>th</sup>

---

***“Stress in the Military Family”***

This workshop will offer emotional support for military families. There will be a discussion about children and spousal issues relating to familial stress due to military deployment.

Dr. Judith Marsh April 22<sup>nd</sup>

---

***“Managing Common Childhood Behavior Problems”***

This workshop will focus on useful strategies for managing simple childhood behavior problems and/or developmental issues such as toilet training, sleep problems, and oppositional behaviors, to name a few.

\*\*\*\*\*

For Info/Registration Call Alisha at 235-1100 x 22, or Go To [WWW.MIDSTEP.COM](http://WWW.MIDSTEP.COM) Today!

\*\*\*\*\*