

Yes, my child, I do have a life!:
The Art of Parenting as a Life Skill
Presented by John Scardina

Do you ever wonder if you will get through your children's childhood with your wits about you?.....Can you remember the competent and well-rested person you were before you had kids?.....Would you simply like to be a better parent?

Join me for a parenting course at the City Island Community Center that focuses on developmentally appropriate techniques for raising kids that are healthy, resilient, and responsible. **You can stop yelling and have a life: it just takes new ideas, time, and practice.** As an added bonus, you will get to know other local parents who will share in your struggles and will also share in your successes.

I am looking for a group (minimum of ten people) willing to commit to an eight session course (ninety minutes per session, 7:30 PM until 9:00 PM on Monday nights, starting October 19th). The total cost will be \$125.00 per person. You will be asked to bring a journal and purchase the book How To Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish (available in paperback at local bookstores and on-line).

John Scardina is a certified school psychologist and parent educator with over three decades of experience working with children. He is delighted to be living and working on City Island.

If you are interested in this adventure in parenting please contact John by phone (718-885-9305) or e-mail (johnscardina@hotmail.com).

WHERE: City Island Community Center – 190 Fordham Street

WHEN: Eight Monday nights from 7:30 PM until 9:00 PM starting October 19th and ending December 7th 2009.

COST: \$125.00 for 8 sessions