

**Youth on the Move Inc. in partnership Destin EEE Empowerment**  
**Group presents**  
**Making Parenting a Pleasure Workshops**  
**Tentative Schedule**

Date	Session	Topic
6/17/17	1	Getting Started
7/1/17	2	Nurturing: Taking Care of Yourself
7/15/17	3	Understanding Stress
8/5/17	4	Stress and Anger Management: Techniques
8/19/17	5	Managing Anger: Modeling Alternatives
9/2/17	6	The Dance of Communication: Nonverbal
9/16/17	7	Communication: Listening Skills
10/7/17	8	Verbal Communication
10/21/17	9	Child Development: The Basics
10/21/17	10	Discipline: Laying the Foundation
11/4/17	11	Discipline: Parents Toolbox
11/4/17	12	Discipline: Challenging Behaviors
11/18/17	13	Saying Goodbye, Graduation