



What is Parenting?

- Loving unconditionally
- Protecting
- Guidance
- Accepting your children for who they are
- Being available for your kids

Families are the building blocks of our society; and in the end, it is the parents who make the most difference in shaping the lives of their children.

90% of what children learn they have learned before first grade.



THE "PARENTING WISELY" PROGRAM CAN HELP YOU.

"PARENTING WISELY" PARENT ENRICHMENT COURSE

Five week sessions
Tuesday Evenings
6:00 pm—8:00 pm

Just Say Something
850 S. Pleasantburg Dr., Ste 202, GVL SC 29607

**GREENVILLE COUNTY RESIDENTS
ATTEND FREE OF CHARGE! OTHER COUNTY
RESIDENTS MUST PAY!**

10 Credit Hour Course
\$60 for one parent
\$100 for a couple
(Pay online with a credit card or in-house with cash.)

If you would like to attend or
schedule a program, please contact:
Lynn Hooper, Parenting Director, at (864) 467-
4099 or lynn@justsaysomethingsc.org. Or con-
tact V. Henderson at 467-4099 or virginia@justsaysomethingsc.org.

justsaysomethingsc.org/parenting-wisely

SCAN TO REGISTER!



*Learn how to enhance
your parenting skills
and gain confidence in
yourself as a parent.*

Parenting Wisely

Parent Enrichment Course

**JUST SAY
SOMETHING**
conversations about drugs and alcohol

Parenting Wisely

Learn how to enhance your parenting skills and gain confidence in yourself as a parent.

Every Tuesday for Five Weeks:

Topics Covered:

- What is Parenting?
- Nutrition & Health
- Child Safety
- Positive Discipline
- Parenting Styles
- Controlling Anger
- Communication Skills
- Family Management

Building Family Strengths

Learning to build on the strengths that help families thrive.

10 Key Strengths:

- Believe in open and honest **communication**
- Have a sense of family **history**
- Experience **contentment** with your lifestyle
- Have a sense of **humor**
- Exhibit **resiliency** during change
- Have high **self-esteem**
- Encourage **unity** and family togetherness
- Have a sense of **spirituality**
- Share common **values**
- Have some **optimism** about life

Learn About . . .

- Help for successful bedtime
- Nutrition and eating together
- Reading together
- Shopping with children
- Hugs and kisses
- Being your child's biggest fan
- Verbal encouragement
- And so much more!



Parent Enrichment Courses Offered

As your child grows, JSS can help you along the way with additional parent enrichment opportunities.

- **Back In Control**
For parents, grandparents, and other adults who have a child that is pushing their limits.
- **TransParenting**
For any parent, grandparent, or adult. Designed to teach effective parenting during the transitions of divorce, parental separation, or other changes.
- **Triple P**
Positive Parenting Practices that can be presented to a group or on a one-on-one basis to cover primary care.