

The Parenting Journey

Understand yourself as a parent.
Build self-confidence with other parents.
Feel appreciated and respected.

Join us at
Putnam Family and Community Services
1808 Route Six, Carmel, NY 10512

Call 845-225-2700 x184 for starting date and time.

\$325 for training and materials.
Twelve two-hour workshops.
Childcare available upon request.



- Topics:
1. Developing Trust
 2. Honoring Yourself
 3. Personal Inventory: Who Are We?
 4. Picture My Past
 5. Relating Parents and Children
 6. Letters To Our Parents
 7. Secrets and Fears
 8. Honoring Your Child's Identity
 9. Making Choices
 10. Achieving Our Dream: Goals and Steps
 11. Endings
 12. Graduation

Graduate with renewed strengths.



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www.PFCSinc.org