



The Stephens Center
Parent-Child Connection
(A Parent's Support Group)

Cumberland County
Fall 2017, Series I
Thursdays, 9:30 – 11:00 a.m.

“Nurturing Parenting Skills for Families”

- August 10.....“Orientation, Assessing Nurturing Skills”
August 17.....“Understanding and Expressing Anger”
August 24.....“Nurturing as a Lifestyle”
August 31.....“Understanding and Handling Stress”
September 7.....“Understanding Discipline”
September 14.....“Possessive and Violent Relationships”
September 21.....“Establishing Nurturing Parenting Routines”
September 28.....“Smoking and My Child’s Health”
October 5.....”Make-Up Session”

Sessions are held at The Exchange Club/Stephens Center-Healthier Beginnings office in the Crossville Commons Complex located at 129 Birchwood Lane just off of West Avenue in Crossville. Certificates will be awarded to parents attending eight sessions within this series. There is no charge for the classes. Everyone welcome! For more information, call (931) 484-8923 or 1-800-635-5199.

The Exchange Club/Holland J. Stephens Center
616 N Church Street • Livingston, TN 38570
Phone: 931-823-6432 • toll free 1-800-635-5199 • fax 931-823-7035