

## Tough Kid Parent Book Study: A four-week discussion group for parents

**Dates:** Tuesday October 4, 11, 25, and November 1, 2011  
*(Please note no meeting October 18)*

**Time:** 6:00pm-8:00pm

**Cost:** \$50 (Includes one copy of *The Tough Kid Parent Book* and light refreshments)

**Location:** Brain Balance Center of Wayne  
250 W. Lancaster Avenue  
Wayne, PA 19087

**To Register:** [www.vfes.net](http://www.vfes.net)  
*(Registration closes at noon on Tuesday, September 27)*

### About the Workshop:

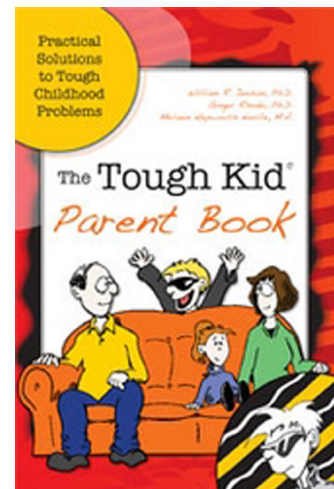
A practical and useful workshop for parents who want to learn positive, proven strategies for managing “tough behaviors.”

Participants will work through *The Tough Kid Parent Book* which provides parents with effective tools and strategies for how to:

- Effectively manage bad behavior in public places
- Curtail arguing, impulsive behavior, temper tantrums, talking back and noncompliance
- Handle challenging times of day like bedtime and meals
- Teach children problem-solving skills, self-management and good social skills
- Understand extremely difficult behaviors such as stealing, fire setting, smoking, drinking and drug use

Previous participants in this series valued:

- Meeting other parents with similar issues
- Getting real practical strategies and suggestions from the book and the group discussion
- Knowing they are not alone in living with a “tough kid”



### About the Facilitator

Maria P. Kreiter, VFES Director of Professional Development and Outreach, has worked in education for 18 years in private, public and university settings. Previously a Staff Development Specialist for the School District of Philadelphia, Maria is an adjunct instructor for Temple University’s College of Education and a certified teacher, curriculum and instruction supervisor and principal who holds a Pennsylvania Superintendent’s Letter of Eligibility. She is also the mother of two children.

### Questions?

For questions about the book study, please call Maria Kreiter, VFES Director of Professional Development and Outreach, at 610-296-6725 ext. 168. For location information and driving directions, please contact Linda Amadio-Williams, Director of the Brain Balance Center of Wayne, at 610-688-2206.