

# Universal Love Foundation

presents

## Positive Parenting Seminars

for families with children birth to 12 years old



“Raising a child is hard to do in a society with so many demands and distractions. Triple P Positive Parenting provides simple tips that can make parenting easier and more rewarding!” – *Maria Elena Cruz, Ph.D.*

**Wednesday, August 22<sup>nd</sup>**

### The Power of Positive Parenting

**Learn how to:**

- Provide positive learning environments for children
- Use assertive discipline
- Have realistic expectations and take care of yourself

**Wednesday, August 29<sup>th</sup>**

### Raising Confident, Competent Children

**Help your children:**

- Learn to treat others with respect
- Have good communication and social skills
- Develop healthy self-esteem

**Wednesday, September 5<sup>th</sup>**

### Raising Resilient Children

**Help your children:**

- Express feelings appropriately
- Build a positive outlook
- Manage stressful life events

<b>When:</b>	<b>Wednesday August 22<sup>nd</sup>, 29<sup>th</sup>, and September 5<sup>th</sup> (2012)</b>
<b>Time:</b>	<b>6-7:30pm</b> Please arrive by 5:45 pm. Classes begin promptly at 6:00 pm.  Brief Individual Intervention available after seminar and by request
<b>Where:</b>	<b>Universal Love Foundation Center</b> 28720 Canwood Street #104 Agoura Hills, CA 91301  <b>Presented by: Dr. Elena Cruz</b>
<b>To register:</b>	Call 805-231-3618, or email <a href="mailto:mecruzphd@gmail.com">mecruzphd@gmail.com</a> , or visit <a href="http://www.universallovefoundation.org">www.universallovefoundation.org</a> .  Registration required. Childcare provided with advance registration. Refreshments provided.

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