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# Strengthening the Family Conference

How do these topics speak to your life: “Developing Kids of Character: Making Good Choices in Bad Situations,” “Emotional Intelligence: An Antidote for Violence,” “What Teens Need To Succeed?” Or, what about “When Parents Split: How To Co-Parent,” “Practicing Healthy Finances: Is It Realistic for Those Raising Children?” “The Dynamics of Bullying Behavior,” and “New Trends in Adoption?”

These are some of the educational sessions to be led by professionals at the

annual **Strengthening the Family through Effective Parenting Conference** on Saturday, November 13 at Gloria Dei Church, Huntingdon Valley. Running from 8:30 a.m. until 12:15 p.m., this community-wide event includes continental breakfast and two seminar sessions. The cost is \$10 per person or \$15 per couple. Childcare is \$2 per child with a maximum cost of \$5 per family. For more information and required pre-registration and pre-payment, call Holy Redeemer Health System: 1-800-818-4747.

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## New Adolescent Workshop Featured Among Parenting Center Offerings

Somewhere between the ages of 10 and 14, children enter a period of tremendous physical, emotional, and social growth and change. Speaking to parents during these times, the Parenting Center at Abington introduces its newest workshop, “Understanding Your Teen: The Challenging Years.” Two consecutive sessions will be held Tuesday, October 12 and 19 in the Abington Junior High School library from 7:00 to 9:00 p.m. These sessions will help parents learn more about adolescent development, make connections with other parents, and discover new ways to cope with issues in order to maintain healthy relationships. For more information and pre-registration, call 215-576-0586.

In addition, the Parenting Center at Abington offers a variety of established workshops throughout the fall. Parents are encouraged to attend any workshop of interest to them at any school or community site. Each workshop is led by two trained, certified parenting educators and is based on well-established curriculum developed by

Lakeside Youth Service’s Parenting Resource and Education Network. Review the offerings and call the Parenting Center to check possible fees and to pre-register.

- **Coping with Anger—Yours and Your Child’s** Oct. 14 & 21, 7:00-9:00 p.m., Willow Hill Elementary School.
- **Tools for Effective Discipline** Oct. 19 & 26, 9:15-11:15 a.m., Holy Trinity Lutheran Church, Abington.
- **Promoting Responsibility in Your Child** Nov. 1, 7:00-9:00 p.m., Roslyn Elementary School.
- **Helping Your Child Succeed in School** Nov. 10 & 17, 7:00-9:00 p.m., Glenside-Weldon Elementary School.
- **Getting Your Needs Met as a Parent** Nov. 18, 9:15-11:15 a.m., Holy Trinity Lutheran Church, Abington.
- **Tools for Healthy Communication** Dec. 6 & 13, 7:00-9:00 p.m., McKinley Elementary School.

Abington Memorial Hospital is the founding sponsor of the Parenting Center at Abington.

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