

Parenting Center at Abington Announces Spring Programs

The Abington Parenting Center is now accepting registrations for its newest offering **Toddler Activity Time**. Designed as a mini pre-school, this non-sectarian course runs for five consecutive Wednesdays from 10:00-11:15 a.m. at Holy Trinity Evangelical Lutheran Church, Parkview & Lycoming Avenues, Abington. Eligible children are between 24 months and 3½ years old. Parents must attend and are encouraged to participate in activities with their child. Activities include circle time, crafts, snacks, and music and movement and are led by the Center's trained parenting educators. The fee is \$40. To register, call 215-885-5855.

This spring, the Parenting Center will offer a variety of free courses. Valued at \$20 per session, these courses are provided to the community by grants secured through the collaborative efforts of Abington Memorial Hospital, the Abington Police Department, and the Abington School District. They include:

- **Building Character, Confidence, & Self-Esteem in Your Child.** Rydal Elementary School: Feb. 17 & 24. Roslyn Elementary School: Mar. 8 & 15. 7:00-9:00 p.m.
- **Coping with Anger—Yours and Your Child's.** McKinley Elementary School: Feb. 22 & Mar. 1. 7:00–9:00 p.m.
- **Coping with Sibling Rivalry.** Willow Hill Elementary School: Mar. 22 & 29. Overlook Elementary School: Apr. 13 & 20. 7:00–9:00 p.m.
- **Yell-Proofing Your Home.** Rydal Elementary School: Mar. 30 & Apr. 6. 7:00–9:00 p.m.
- **Effective Discipline.** Glenside-Weldon Elementary School: Apr. 6, 13, 20, & 27. 9:15–11:15 a.m.
- **Promoting Responsibility in Your Child.** McKinley Elementary School: Apr. 7. 7:00–9:00 p.m.

Weight Management for Kids

Weight Management for Kids is an eight-week program run by *Holy Redeemer* Hospital and the Abington YMCA for children. Sessions run on Tuesdays and Thursdays from 5:30-7:00 p.m., March 16 through May 6 at the Abington YMCA, 1073 Old York Road. Boys and girls between the ages of 10 and 14 who would like to lose weight will find each session includes a supervised exercise time with certified instructors, a personal review of one's food program both from the previous week and for the week to come, and group discussions and presentations.

The fee is \$125 for YMCA members and \$160 for non-members. The non-members' fee includes daily use of the YMCA facilities throughout the two-month program.

For details, call 1-800-818-4747.

Parenting/Grandparenting Courses Offered to Community

Abington Memorial Hospital is offering the community several different parenting courses this spring to meet a variety of family needs. Whether you are a parent or grandparent, the hospital has a helpful class for you. Decide which offerings meet your needs and call 215-481-2204 for registration and location.

- **First Steps to Parenting** for new and expectant parents. Wednesday, April 14, 7:00-9:00 p.m.
- **How to Build Confidence, Character, & Self-Esteem in Your Children.** Thursday, April 15 & 22, 7:00-9:00 p.m. \$10/person.
- **Healthy Communication.** "Yell-proof your home." Tuesdays, May 4 & 11, 7:00–9:00 p.m. \$10/person.