
Parenting Center: Book Groups, Workshops, & More

School may be closing for the summer, but the Parenting Center at Abington is not! In fact, it will offer an array of educational workshops, book discussion groups, and children's activities at its new location at 1130 Old York Road.

The Center will partner with the Jenkintown Barnes & Noble store on Tuesday, July 11 at 7:00 p.m. for a book discussion on Elizabeth Crary's *Without Spanking and Spoiling*. Two parenting educators from the Parenting Center will facilitate discussion on limit-setting techniques and other ideas presented in this book. The event is free and open to all.

The other option for discussing this book is a three-session group meeting on Tuesdays, August 1, 8, and 15 at the Parenting Center from 7:00-9:00 p.m. Parents will have the opportunity to read, discuss, and learn to apply the principles and techniques presented in Crary's book. There is no charge.

Parents of infants and toddlers can take advantage of Play 'n Share, a weekly discussion group that provides opportunities for parents to share experiences, issues, and concerns while their children play. This program is offered every Friday from 10:00-

11:30 a.m. No registration is required, and gatherings are free to Parenting Center members and \$2 for non-members.

Workshops offered at the Parenting Center during the summer months include:

- **Tools for Effective Discipline** Wednesdays, July 5, 12, 19, & 26, 7:00-9:00 p.m. For parents of children three years old through adolescence. Teaches discipline techniques. \$20 for members; \$24 for non-members.
- **Limit Setting: Skills for Dealing with Young Children** Thursdays, July 13 & 20, 9:30-11:30 a.m. Teaches ways to handle toddler behaviors while preserving their self-esteem and a parent's sense of order in the home. Childcare is provided. \$10 for members; \$12 for non-members.
- **Coping with Anger: Yours and Your Child's** Wednesdays, August 2 & 9, 7:00-9:00 p.m. Gives parents healthy ways to handle their anger and teach their children to do likewise. \$10 for members; \$12 for non-members.

For more information about Parenting Center programs, ways to become involved, and drop-in hours, call 215-576-0586.

Summer Teen Nights at Abington YMCA

Calling all seventh through twelfth graders for special events at the Abington YMCA this summer! On selected Fridays throughout June, July, and August, the YMCA will hold splash parties, barbecues, dances, and the like from 7:00-10:30 p.m. On some of those occasions, the YMCA will make other parts of its facilities available for basketball, workouts in the fitness center, and recreation center activities such as pool, foosball, ping pong, electronic darts, and video games.

There is no cost to members and only a \$3 charge for non-members. YMCA staff supervises Teen Night activities and always welcomes parents and other volunteers. The schedule was not firm at press time, so please call for dates, more information, or to volunteer. Contact Program Director Ayanna Traylor at 215-884-9622.
