

The Adler Centre

- APABC Since 1973 -

STEP Parenting Workshops

This 8 week parenting group is based on the highly regarded **STEP** (Systematic Training in Effective Parenting) method. These are useful new tools for dealing with the challenges of being a parent. The STEP program covers topics such as: Communication, positive discipline, problem solving, encouragement, freedom and responsibility, family meetings, family relationships and family constellation.

Date: 8 Consecutive Tuesdays from January 26th – March 16th

Times: 6:45pm – 8:45pm

Venue: The Adler Centre

Suite 230 - 1818

W. Broadway, Vancouver, BC

Cost: \$100.00/person

\$150.00/ couple

(All costs include APABC memberships)

To register, please contact The Adler Centre:

604-742-1818

www.adlercentre.ca • apabc@adler.bc.ca