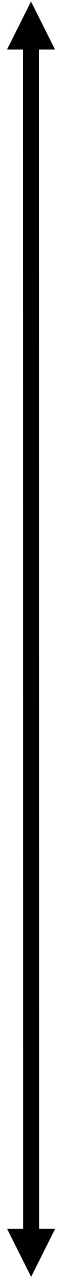


Life Long Learning for Parents

Respectful Communication-Based and Evidence-Based Parenting Programs



Pre-birth

- Pre-natal classes offered through local Health Region or Private organizations

Ages 0 to 3

- Baby and You
- P.A.C.T. – Parents and Children Together
- Terrific Toddlers by AHS
- Sleep Workshop for Tired Parents
- Picky Eating
- Helping Your Child Adjust To The New Baby
- Siblings Without Rivalry
- Active Parenting 1234!

Ages 3 to 6

- How to Talk So Kids Will Listen and How To Listen So Kids Will Talk
- P.A.C.T. – Parents and Children Together Discussion Groups
- Nobody's Perfect
- Parent Effectiveness Training (P.E.T.)
- Active Parenting

Ages 6-12

- Parent Effectiveness Training (P.E.T.)
- How to Talk So Kids Will Listen and How To Listen So Kids Will Talk
- Virtues Project
- Roots of Empathy
- Non-Violent Communication

Ages 12-19

- Parent Effectiveness Training (P.E.T.)
- Non-Violent Communication

- Virtues Project
- Being Our Best
- Interpersonal Communication For Kids

Ages 19-40

- Being Our Best
- Non-Violent Communication
- Leader Effectiveness Training

Ages 40-On

- Parent Effectiveness Training for Grandparents

Judy Arnall is a professional international award-winning *Parenting Speaker*, and Trainer, Mom of five children, and author of the best-selling, “***Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery***” She specializes in “**Parenting the Digital Generation**” www.professionalparenting.ca (403) 714-6766 jarnall@shaw.ca

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