

# PARENT SMARTER, NOT HARDER:

## Positive Parenting Strategies for Busy Parents



## FREE PARENTING WORKSHOP

- ★ Learn how to set limits with love
- ★ Learn how to create easy routines
- ★ Learn how to raise emotionally intelligent children

When: March 25, 2026

Time: 12:00pm-1:30pm

Where: Veterans Conference room (S-1027)

No sign up needed, just drop in!



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HEALTH & WELLNESS SERVICES