



Photo by Nicholas Gehm on Pexels

Biloxi Excel By 5
Active Parenting Zoom Workshops:
Strategies to Stop Scolding
and Start Smiling Again

Please join us for three virtual Zoom workshops to discuss parenting strategies, learn ways to manage stress, and find joy in your parenting journey. Curriculum is based on Dr. Michael H. Popkin's book *Active Parenting*.

Workshops are Free!
Class is limited to 10 participants.
Registration deadline: January 14, 2021.

Attendance and registration for all three sessions is required.
Zoom meeting link will be sent to all registered participants.

Thursday, Jan. 21, 2021:
6:00 – 7:00pm

**“Why Children Misbehave
and How to Redirect Them”**

Thursday, Jan. 28, 2021:
6:00 – 7:00pm

**“Building Courage and Character
In Your Child”**

Thursday, Feb. 4, 2021:
6:00 – 7:00pm

“Opening the Lines of Communication”

Participants will receive a free copy of the book:
***Active Parenting* by Michael H. Popkin, PhD.**

To register for the Parent Academy Zoom workshops, please contact:
Susan Hunt, Biloxi Excel By 5 (228) 297-6808 or susan.hunt@biloxischools.net

Sponsored by:
Biloxi Public Schools, City of Biloxi, Biloxi Excel By 5, and IP Casino Resort Spa