



*The Irvine Family Resource Center offers a*  
**FREE Parent Support Group**  
FOR PARENTS OF K-12 Children

This group will meet weekly and is open to all Irvine parents of children and teens of any age. Come and get some support in a relaxed setting, learn some positive parenting skills, and make some new friends. We use positive discipline strategies to problem-solve parenting challenges and we support each other while we learn. Topics covered in discussion may include: handling anger in the family, how to listen and communicate with respect, homework issues and school challenges, stress and anxiety, and building developmental assets for school and life success. Come and problem-solve with us, ask questions, get support, and be more confident as a parent.  
*Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources*

**MONDAY MORNINGS - FROM 10:00 to 12:00**  
**7 WEEKS - Starts January 9, 2012**  
*Meets in back room - Paradise Perks Coffee – 15475 Jeffrey Rd, Irvine  
Corner of Irvine Center Drive and Jeffrey*

**Space is limited and**  
**You must register ahead for this group –**  
**call Susan Holt at 949-936-7502**



Guidance Resources Department