



MSU Extension Presents:

Online - Extension Extras Parenting Hour

DATES :

5/19/20: Positive Discipline

5/26/20: Mindfulness for
Children

6/2/20: RELAX—Alternatives
to Anger for Parents and
Caregivers

6/9/20: Importance of
Outdoor Play

6/16/20: Young at Art

TIME:

8:00pm to 9:30pm

FREE

Download Zoom:

<https://zoom.us/download>

Register at:

https://msu.zoom.us/webinar/register/WN_p30WlzEpScW04GmEysW9-A

For more information
contact:

Courtney Aldrich
aldric82@msu.edu
(517) 552-6909



DESCRIPTION:

This free online series of parenting workshops will provide guidance for parents of young children as they navigate the challenges and concerns of parenting.

Participants may register for as few or as many workshops as they wish.

The workshops are on Tuesday evenings as follows:

5/19/20: Positive Discipline

5/26/20: Mindfulness for Children

6/2/20: RELAX—Alternatives to Anger for Parents and Caregivers

6/9/20: Importance of Outdoor Play

6/16/20: Young at Art

HOW TO REGISTER:

Register in advance for any of the webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_p30WlzEpScW04GmEysW9-A

After registering, you will receive a confirmation email containing information about joining the meeting.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.