



Filipina Women's Network

INTERESTED IN GIVING YOUR KIDS THE SKILLS THEY'LL NEED TO TACKLE LIFE'S TOUGHEST CHALLENGES?

The Incredible Years® Schedule

Saturday 9AM PHT Philippine Time

Date: Saturday (PHT)	Session #	Topic
July 16	1	Welcome, Parent Goals Special Time
July 23	2	Social, Emotion, and Persistence Coaching (Part 1)
July 30	3	Social, Emotion, and Persistence Coaching (Part 2)
August 6	4	Effective Praise and Encouragement
August 13	5	Motivating Children Through Incentives and Rewards
August 20	6	Rules and Responsibilities Clear & Respectful Limit Setting
August 27	7	*Listening Attentively
September 3	8	*Active Listening and Speaking Up (Part 1)
September 10	9	*Active Listening and Speaking Up (Part 2)
September 17	10	*Communicating More Positively To Oneself and Others (Part 1)
September 24	11	*Communicating More Positively To Oneself and Others (Part 2)
October 1	12	*Giving and Getting Support <i>Graduation</i>

We are looking to speak with parents of Filipino children ages 8-12 years old.

Find out if you are eligible to participate in a 6-month study involving surveys and **FREE online workshops** aimed at raising mentally strong kids.

You will be compensated for your participation.

TO ENROLL

call/text: (323) 691-0529

email: incrediblefamilies@chla.usc.edu

Facebook: [@filipinofamilyhealthLA](https://www.facebook.com/filipinofamilyhealthLA)

Instagram: [@filipinofamilyhealth](https://www.instagram.com/filipinofamilyhealth)

Maraming salamat po!

For parent testimonials, upcoming workshops, and outreach events, visit filipinofamilyhealth.com