

# West Dakota Parent & Family Resource Center SOUTHWEST SESSIONS

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## Parents Talking To Parents

Circle of Parents

Sharing parenting ideas. Sharing parenting support.

## Family Meals Matter

Life is often too busy. But we have one place we can slow things down and capture the time, relaxation and connection that each of us needs—at the family table. Regular family meals are linked with many positive benefits of our children. Make FUN part of the recipe for a happy mealtime. Bring a favorite recipe to share and join the discussion.

**Thursday, March 18, 2010**

**6:30–7:30 PM**

**Hettinger Lutheran Church**

Free childcare provided.

Call Pat at 567-2598 by March 17 to arrange for childcare.

A collaboration of ND Dept. of Human Services-Children & Family Services and West Dakota Parent & Family Resource Center

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## ARE YOU READY?

The College Transition

Technical college, community college, 4-year university—learn what you need to know to succeed.

This workshop series will help high school seniors and their parents:

- Understand and manage the normal emotions and conflicts that result from this major transition.
- Increase communication and problem-solving skills.
- Create a plan for students to utilize when faced with specific issues, conflicts or crisis situations.

The workshop series will be held  
March 2, 19, 16

## March 2— Academics and finances

Topics include:

<i>Time management</i>	<i>Jobs</i>
<i>Study skills</i>	<i>Cost of food</i>
<i>Grades</i>	<i>Housing decisions</i>
<i>Schedules and classes</i>	<i>Transportation</i>
<i>Campus resources</i>	<i>Insurance review</i>

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## Becoming a Love and Logic Parent

We can let our kids discover what the real world is like with easy-to-use Love & Logic strategies

- \* Do you have a hard time getting your kids up and off to school in the morning?
- \* How do you stop the bickering and fighting?
- \* Is it a CHORE to get your kids to do their chores?
- \* Do you wish your kids would act more responsibly?
- \* Does the whining and arguing hurt your ears?
- \* Put a LAUGH back into your parenting.
- \* **CHILDCARE PROVIDED**

*Where:* Mott-Regent Public School

*When:* Mondays, March 15, 22, April 5, 12, 19, 26

*Time:* 6:30-8:00 PM

Families must register by calling West Dakota Parent & Family Resource Center @ 456-0007 or Toll free 1-877-264-1142 or e-mail: [debra.theurer@ndsu.edu](mailto:debra.theurer@ndsu.edu) by **March 12th**.

A collaborative effort of Department of Human Services—Child Abuse Prevention and NDSU Extension Service

## ARE YOU READY?

The college Transition

**6:30–8:30 pm**

Refreshments and Door Prizes!

## Richardton/Taylor High School

For more information call Stark-Billings County Extension Office  
1340 W. Villard Street  
Dickinson, ND 58601-4646  
456-7665

**March 9—Healthy Choices**

- *Stress*
- *Sleep*
- *Nutrition*
- *Physical & mental health*
- *Balance*
- *Personal safety*

**March 16—Relationships**

- *Staying connected*
- *Letting go*
- *Roommates*
- *Getting involved*
- *Making new friends*
- *Dating*

