

PARENTING SOLUTIONS presents



Parenting That Works!

Spring and Summer 2010 Programs for Parents

Discipline That Works

with Sylvia Sirignano, Ph.D.

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session / \$50 for any 2 sessions /
\$90 for 4 sessions (2nd parent half price)

- Mar 10 **Secrets of Successful Discipline**
- Mar 31 **What To Do When Your Child Won't Listen**
- Apr 14 **Knowing When and How To Say "NO!"**
- May 12 **Engaging Cooperation From Your Strong-Willed Child**
- Sep 22 **When You Feel Like Screaming**

NEW!!! Parenting A Challenging Child

Fee: \$25; 2nd parent is free
(Pay in advance for 3 months, get one month free)

Meets monthly on the fourth Tuesday of the month
6 - 7:30 pm

Ongoing monthly group that provides support and strategies for parenting children with the more difficult temperaments.

Individual Parent Consultations

If the workshop times are not convenient, or if you want more individualized help, Dr. Sirignano also offers individual consultations on the full-range of parenting concerns, specializing in:

- ♦ parenting an infant
- ♦ dealing with a challenging child
- ♦ sleep problems
- ♦ strategies for parenting children with ADHD and other learning and behavioral disabilities
- ♦ problems in preschool and the early elementary grades
- ♦ parents dealing with divorce

For further information and fees, call 508-366-7557.

Divorce Mediation for Parents

When you want to do what's best for your children as you are getting divorced, mediation is a cost-effective way to develop your divorce agreement while helping you get the information needed to make all the necessary decisions.

As a trained mediator, Sylvia Sirignano, Ph.D., can help parents come to agreements in the midst of the emotional upset and conflict that is an inevitable part of divorce for most parents.

For further information and fees, call 508-366-7557.

PARENTING SOLUTIONS also offers community presentations and groups for new parents, parents of young children, and parents of teens. Our presentations provide practical parenting strategies informed by the latest research.

Call 508-366-7557 or visit our website for more information.

Visit us online at
www.parentingsolutionsprograms.com

- ♦ Register for workshops
- ♦ Learn more about our programs
- ♦ Join our email list to receive future flyers, parenting tips, and more!

For Parents of Teens

with Glenn Smith, LICSW

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session (2nd parent half price)

- Apr 28 **Sex, Drugs, Rock 'n Roll, and the Internet**
- May 19 **Parenting Teens: Is It Them or Just Me?**
- Jun 9 **Sex, Drugs, Rock 'n Roll, and the Internet**

Home and Office Consultation, Assessment and Outreach Services for Teens

Glenn Smith, LICSW can help when you don't know whether it's your problem or your teen's, and when you have run out of ideas about how to make changes. Problems can be a result of parenting issues, learning disabilities, social, psychological or developmental challenges, substance abuse, or a combination of these concerns. Don't wait until things get worse! Find out what you can do to get help now.

Parenting in Stepfamilies

with Glenn Smith, LICSW

Wednesday Evenings 7:30 - 9 pm

Fee: \$30 per session (\$45 for parenting couples)

- Apr 7 **Step-Parenting: The Good, the Bad & the Ugly**
- May 5 **Avoiding the Troublespots: Essential Tips For Couples Parenting in Stepfamilies**

Parenting Together

with Sylvia Sirignano, Ph.D. and Glenn Smith, LICSW

Wednesday evenings 7:30 - 9 pm

Fee: \$30 per person; \$45 per couple

- Jun 16 **What's Right When Mom and Dad Disagree**
- Jul 14 **Teaching Your Values When The Other Parent Doesn't Live Them**
- Aug 11 **Is It Worth Trying to Save This Marriage? What's Best for the Kids?**

Sylvia Sirignano, Ph.D. is a developmental psychologist and mother of two who has worked with parents and children for more than 25 years. She has done research on parenting at the Wellesley College Center for Research and Newton-Wellesley Hospital. She frequently contributes articles to parenting magazines and newsletters, and regularly does presentations and workshops for professional associations, schools, work places, and community groups. Dr. Sirignano is an adjunct faculty member of the Wheelock College Graduate School.

Dr. Sirignano is trained in divorce mediation and works as a child specialist on Collaborative Law teams and with attorneys and mediators to help divorced and divorcing parents develop parenting plan agreements.

Glenn Smith, LICSW has been counseling couples, parents, stepparents and teens for 25 years. He specializes in helping couples who are considering divorce, as well as those going through a divorce, and in helping couples who are parenting after divorce and in stepfamilies. Mr. Smith also works with teens, parents of teens and their families at their homes and in his office at Parenting Solutions.

For more information, call 508-753-0992 or email him at GSmithLICSW@aol.com.