



# PARENTING IS HARD. EPIC CAN HELP.



## PROGRAM TOPICS:

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bedtime Routines
- Hassle-Free Shopping with Children

## WHEN:

**Mondays @ 6pm**

January 30 - March 6

**Thursdays @ 6pm**

February 9 - March 9

*All courses held on Zoom*

**REGISTER:** 716-332-4126 or [PerryR@epicforchildren.org](mailto:PerryR@epicforchildren.org)