

September 2, 2014

**STEP INTO PARENTHOOD
SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING**

Bolton, ON – Parenting is perhaps the single most important role one will ever assume, yet there is very little training available to prepare new parents for the journey that lies ahead. This fall, The Caledon Parent-Child (CPCC) will partner with The Family Education Centre to present *Parenting Young Children*, a free parent education program based on the works of renowned psychologist, Dr. Alfred Adler.

Parenting Young Children is a multi-session education series for parents of children birth to six years of age. Parent Educators guide parents using a consistent and positive approach based on a program called STEP – Systematic Training for Effective Parenting. Through interactive group participation, parents will explore ways to encourage children to become cooperative, self-confident, responsible and interdependent. Each session is tailored to equip parents with a set of skills and strategies to deal with the daily challenges of parenting.

The sessions will take place on Friday mornings from **9:15 to 11:15** a.m. beginning October 3 at The Caledon Parent-Child Centre located in the Albion/Bolton Community Centre. Childcare is available for a small fee. Space is limited, so register early. For more information, call the CPCC at 905-857-0090 or visit www.cp-cc.org.

The Parenting Young Children program is generously supported through funds donated by the Knights of Columbus, Fr. Henk Van Den Berg Council 10614 Bolton, in memory of Sir Knight and Past Grand Knight John Borg.

-30-

For further information and media inquiries, please contact:
Shelly Sargent, Community Relations
Phone: 905-857-0090 Fax: 905-857-0107
Email: shellysargent@cp-cc.org