

Parent Counseling at Project Enlightenment is here for YOU!



*If you currently have a kindergarten age or younger child in your home, you can access the following services **FREE** of charge!*

INDIVIDUAL COUNSELING THROUGH TELECONFERENCING

Call Mary Jane Wade at **919-694-8991** to schedule an individual counseling appointment.
And/Or

VIRTUAL PARENTING INFORMATION GROUPS

The scheduled series includes topics that focus on some of the challenges parents may experience during the pandemic. The registration link is provided below.

Information Group Topics and Dates

- **Promoting Positive Sibling Interaction** - As a result of the pandemic, siblings spending almost all of their time together. They can be each other's best friends or their worst enemies. Learn practical skills to help kids share, reduce sibling rivalry, and create more peaceful interactions between siblings. **Choose one:**
 - Tuesday, Sept. 22, 2020 - 9:30am**
 - Tuesday, Sept. 29, 2020 - 1:00pm**
- **Tips for Virtual Learning with Young Children** - Everything has intensified, including managing our own stress around safety, balancing competing pressures between job and family, and adjusting expectations around teaching and learning with our children. Now that virtual school is a reality for many, this information session will be helpful in making plans and decisions that can work for your family. **Choose one:**
 - Thursday, September 24, 2020 - 1:00pm**
 - Tuesday, October 6, 2020 - 9:30am**
- **Screen Time During a Pandemic** - Balancing parenting, work, family, and school are huge challenges in a pandemic, and many times screens come to the rescue. This informative session will explore strategies for choosing helpful media, diversifying media, fostering a child's self-control (or "tech-control") around screens, and reducing media consumption. **Choose one:**
 - Thursday, October 1, 2020 - 1:00pm**
 - Thursday, October 8, 2020 - 9:30am**
- **Parenting Power Struggles During a Pandemic** - Power Struggles are a normal part of parenting. While under the stress of the pandemic, it can be overwhelming! This informative session will highlight some ways to manage and avoid power struggles during this challenging time. **Choose one:**
 - Tuesday, October 13, 2020 - 1:00pm**
 - Thursday, October 15, 2020 - 9:30am**

To REGISTER click on the link,

<https://form.jotform.com/wcpcappt/parentvirtualregistration>

