



# FREE...Online Parenting Class brought to you by the ACFC

For CWA Represented Employees in DE, MD, PA, NJ, VA, WV, DC\*

## par•ent•ing n.

1. The most difficult and most important job you will ever have.
2. And, potentially, the most rewarding.

Active Parenting Online Groups turn parenting into a rewarding, fun-filled adventure. Your day-to-day struggles become opportunities to teach responsibility and courage as you create a home environment where children thrive.

Learn to discipline your children, not punish them. Active Parenting teaches effective, proven methods that allow your children to learn valuable lessons from their mistakes. Become a leader in your family and make mutual respect a priority in your home.

## dis•ci•pline v.

1. training that corrects, molds or perfects moral character
2. to teach



## re•spon•si•ble adj.

1. able to choose for oneself between right and wrong
2. reliable, trustworthy

Responsibility = Choice + Consequence

Learn how to help your children make choices and face the consequences of their choice. They will build the courage to make good decisions in difficult situations and take responsibility for their actions.

Take advantage of this unique opportunity to join the millions of “active” parents who have learned the skills and received the support needed to parent well in today’s society. This video-based, entertaining online class is available 24/7 and fits any busy schedule. Log on and off when it’s convenient for you. Learn the skills needed to provide positive discipline and communication techniques that help families fun smoothly. You’ll be so glad you did!

Class participants will benefit from online discussion, feedback from a parenting expert and interaction with other parents. The accompanying parent guide can be used again and again.



**For more information and to register  
to start your journey today,  
visit [ACFCcares.com](http://ACFCcares.com)**

\*Online classes for non-CWA represented employees in the ACFC area or to be given as gifts are available for purchase at a discounted rate.