

BOWIE YOUTH & FAMILY SERVICES

FALL 2010 GROUPS BEGINNING OCTOBER

Happy Moms, Healthy Babies

Teen mothers (ages 17-22) and their babies up to 18 months old meet weekly to discuss the joys and the difficulties of motherhood, meet others in similar situations, share knowledge and provide support.

[Fee Waived]

ADHD Education

Two groups run simultaneously: Adults learn about ADHD/ADD and new ways to help their child. Children, ages 8-10, focus on improving social skills.

(Wednesdays 7-8:30 p.m. Fee: \$50)

Active Parenting

A popular group for parents that focuses on learning practical skills to help develop cooperation and responsibility in your child.

(Mondays 7-9:00 p.m. Fee: \$40)

Girls Count! A Group for Teens

Join other girls share ideas, find your inner strengths and nurture your true self.

(Mondays 3:30-5:00 p.m. Fee: \$40)

To Register, contact Youth & Family Services, Room 114, Bowie City Hall
301-809-3033.