

"I thought the problem was with my child. And then I realized it was ME. This program has helped me to be more consistent and learn tools that improved our relationship, and helped my child feel valued."  
Anonymous Parent, Loving Solutions Spring 2016



# The Parent Project®

**FREE Parent Training Programs**  
*Because Parents are the Answer!*

www.parentproject.com  
parentprojecthawaii@gmail.com



## **Loving Solutions: For parents of children ages 5 to 10 years**

- Ten, two-hour units allow parents to absorb information and strategies in small bites.
- Concrete answers to these behaviors: throwing tantrums, picking on siblings, poor school performance, persistent arguing, breaking family rules, refusing to do chores.

## **Parent Project: For parents of pre-teens/teens to young adults**

- Eight, three-hour activity-based units allow practice in applying new ideas and builds support among the parents.
- Learn to develop a plan to change a poor behavior choice; prepare your teenager for a successful middle or high school experience; create a home discipline structure that works.

### **Facilitators:**

**Renee Ako, Aina Haina Elementary School PCNC**  
**Joanne Imada, Niu Valley Middle School PCNC**

## **Program Schedule for School Year 2017 - 2018**

*Brought to you by the Kaiser Complex Parent Community Networking Coordinator (PCNC) Program*  
*Classes are free and are open to the public.*

### **Loving Solutions**

Appropriate for parents of children ages 5 to 10 years

#### **Ten Monday Nights**

**October 16 - December 18, 2017**

6:00 - 8:00 p.m.

Aina Haina Elementary School

Workbook Fee: \$25

Childcare Available

Facilitators: Renee Ako & Joanne Imada

Register:

Renee\_Ako@notes.k12.hi.us or  
(808) 377-2419 by Friday, Sept. 29, 2017

### **Parent Project**

Appropriate for parents living with pre-teens/teens to young adults

#### **Eight Thursday Nights**

**January 25 - March 15, 2018**

6:00 - 9:00 p.m.

Niu Valley Middle School

Workbook Fee: \$27

Facilitators: Joanne Imada & Renee Ako

Register:

Joanne\_Imada@notes.k12.hi.us or  
(808) 377-2440 by Fri. January 19, 2018