



Pathways to Effective Parenting

THE CITY OF PETERSBURG VIRGINIA COOPERATIVE EXTENSION OFFICE OFFERS "FREE" PATHWAYS TO EFFECTIVE PARENTING (P.E.P) CLASSES FOR PARENTS, GRANDPARENTS, CHILDCARE PROVIDERS AND ANYONE NEEDING HELP WITH PARENTING AND COMMUNICATION SKILLS IN TODAY'S SOCIETY.

Joining P.E.P is a great way to increase your confidence, acquire new skills & strategies, learn more about your child's development, improve your relationship with your child, learn the difference between discipline & punishment, learn how stress affects us all, ways to alleviate it, and much more. Information focuses on the brain development of preschool children, primary, elementary school-aged children and teens.

Class dates: May 4, 2023 - June 22, 2023
8 total sessions

Day and time: Thursdays from 6:00 p.m.- 8:00 p.m.

Location: Virtual through ZOOM

Cost: FREE

Certificates will be awarded to participants that complete the entire eight (8) weeks.

**PRE-REGISTRATION IS EASY AND REQUIRED, SCAN QR OR CLICK THE FOLLOWING LINK
[HTTPS://FORMS.GLE/D9UM8FM4UVD6ZAF9](https://forms.gle/D9UM8FM4UVD6ZAF9)**

IF YOU HAVE ANY QUESTIONS DON'T HESITATE TO CALL 804-733-1880 OR EMAIL KATRINA KIRBY AT KIRBY2@VT.EDU.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Katrina Kirby at (804-733-1880/TDD*) during business hours of 8 a.m. and 4:30 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is (800) 828-1120



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