

## Billerica Parent Outreach Program

### Proudly Presents

AWARD WINNING YOUTH CARE SPECIALIST

# CHARLIE APPELSTEIN:

Helping Your Kids Be All That They Can Be  
Using a Positive, Strength-Based Approach for  
Effective Parenting

A FREE PRESENTATION FOR ALL BILLERICA PARENTS & CAREGIVERS

MARSHALL MIDDLE SCHOOL AUDITORIUM

THURSDAY, DECEMBER 10, 2015

7:00 PM

When parents focus on what their children do right, cultivate their children's strengths, and accept their kids for who they are, children mature and truly become all that they can be!



Charlie Appelstein, author of *No Such Thing as a Bad Kid*, will present a host of strength-based principles that help parents maximize the greatness that exists in every child. Topics will include effective verbal interventions, strategies for enhancing self-esteem, respectful limit setting and why it is important to use consequences vs. punishments as well as techniques for helping parents manage their own emotions and responses. Charlie delivers his strength-based approach with humor and hope.