



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**PROJECT  
CORNERSTONE**  
A YMCA of Silicon Valley Initiative



# PROJECT CORNERSTONE FOR PARENTS

## Take It Personally 6-Week Workshop

**DATE:** 9/28, 10/5, 10/12, 10/19, 10/26, 11/2  
**TIME:** 8:45-10:15am (Parents from all schools welcome)  
**PLACE:** Rolling Hills Middle School - Cafeteria  
**SUGGESTED DONATION:** \$20.00

### Join us for this 6-week series!

- Week 1:** What are the 8 Keys To Success? What specific things can parents and caregivers say and do to help young people succeed?
- Week 2:** Tools for building stronger family communication. Tips for building responsibility and trust in our family.
- Week 3:** Setting and keeping safe boundaries/rules that teach. Tips for discipline that strengthens relationships.
- Week 4:** What do we stand for in our family? Passing along our values, like lifelong learning...
- Week 5:** Skills for growing, living and connecting with others. Ways our strong family builds confident kids.
- Week 6:** Taking every moment as an opportunity to build stronger relationships with youth.

### PARTICIPANT COMMENTS

"Parenting today is difficult. Children are exposed to a lot of influences in every day life. It's daunting trying to raise children that grow up to be upstanding and productive adults."

"Take It Personally" is a great course where parents can share ideas and information and have valuable conversations around difficult issues."

### FOR DETAILS CONTACT:

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### Sign up today at

[www.signupgenius.com/go/60b0945aba72d6-take](http://www.signupgenius.com/go/60b0945aba72d6-take)