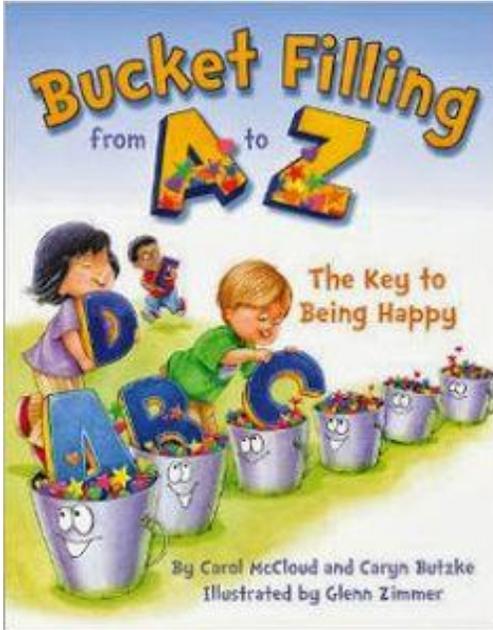


# You are invited to A FREE Workshop for Parents of pre-schoolers to 3<sup>rd</sup> graders



Wednesday, December 11<sup>th</sup>  
7:00 p.m.

at the  
**West End Community Center**  
79 Maryland Ave.

**"FILLING BUCKETS"**  
With ERIKA STROH, MA, Educator,  
Founder of Parent From The Heart  
(1<sup>st</sup> in a series of YFS Parent Workshops)

As parents and caregivers we are responsible for helping to teach our children about kindness, love, respect, and compassion for others as well as themselves. The "bucket-filling" concept is a way to achieve those goals. Learn these and other skills to help children with socialization and dealing with bullying situations.

**Please R.S.V.P. – call 431-3510. Light refreshments served.**  
(Let us know if you require child care - we CAN arrange supervision!)

The book, "Bucket Filling" will be available to buy (\$10) at the workshop.

**City Council**

Scott J. Mandel, President  
Fran Adelson, Vice President  
Eileen J. Goggin  
John C. McLaughlin



**City Manager**

Jack Schnirman  
**Youth & Family Services**  
Johanna Mathieson-Ellmer, Director