

Blast Off! is three 4-session online parenting series. The curriculum, *Active Parenting*, uses videos and discussion to introduce information that may help participants to improve their parenting, which also might help them to be less stressed.

Each series focuses on parenting a specific age of children: birth to five, five to twelve, and teenagers.



JOIN YOUR BLAST OFF FLIGHT CREW:

Joseph Maiorano and other educators will lead your **JOURNEY** toward improved and less stressful parenting.

Active Parenting: First Five Years

This workshop is for parents of birth to five-year-old children. We'll discuss how to use freedom and non-violent discipline to nurture your young child.

Sep 11, 12, 13, 14 Time: 9-11am
Nov 7, 14, 21, 28 Time: 12:30-2:30pm
Mar (2024) 4, 5, 6, 7 12:30-2:30pm

Active Parenting: Ages 5 - 12

This workshop focuses on helping parents to raise responsible young school-aged children.

Sept 25, 26, 27, 28 Time: 9-11am
Jan (2024) 9, 16, 23, 24 12:30-2:30pm
Apr (2024) 9, 10, 11, 12 12:30-2:30

Active Parenting: The Teenage Years

Helping parents raise responsible confident tweens and teens, who may be facing issues such as self-esteem, technology, drug and alcohol use, or bullying.

Oct 9, 10, 11, 12 Time: 9-11am
Feb (2024) 9, 16, 23, 1 12:30-2:30pm
May (2024) 14, 15, 16, 17 12:30-2:30

Pre-Registration is required for each series. There is no cost to register. *Active Parenting* books will be mailed to participants who have attended three sessions within each workshop.

Please go to the following link to register: <https://go.osu.edu/blastoffregistration>

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