



Jewish Family Service of MetroWest  
is pleased to launch the  
**FIRST STEPS  
Preschool Parenting Series**

Facilitated by Tricia Stern, LCSW, MPH, JFS Coordinator of Child and Adolescent Services.  
Ms. Stern specializes in working with infants, toddlers and preschoolers and their families  
including using the Child-Parent Psychotherapy (CPP) model.

These monthly workshops for parents of children ages 2-5 focus on common issues that arise  
during this time of both great development and exploration as well as challenges and difficulties.

**The group will meet on the first Friday of the month from 9:30 – 11:00 am.  
at Jewish Family Service of MetroWest, 570 W. Mt. Pleasant Ave, Suite 106, Livingston, NJ**

## 2012 DATES

**January 20: Why is My Child Acting That Way?**  
Decoding Preschooler Behavior Instead of Reacting

**February 3: You're the Expert!**  
How Parents Know Their Children Best

**March 2: Eating, Sleeping and Temper Tantrums**  
Common Issues & Struggles

**April 6: Discipline That Works**  
Creating Practical Techniques that Fit Your Family

**May 4: Lions, Tigers and Bears, Oh My!**  
Understanding and Helping Your Child's Fears & Anxieties

THESE WORKSHOPS ARE FREE & OPEN TO THE ENTIRE COMMUNITY

Pre-registration is required

For more information or to register,  
contact Tricia Stern at JFS, 973-637-1773 or [ps Stern@jfsmetrowest.org](mailto:ps Stern@jfsmetrowest.org)

*First STEPS is supported by a generous grant  
from the Healthcare Foundation of New Jersey*



*The Partnership for Jewish Learning and  
Life and JCC MetroWest are First STEPS  
collaborating organizations*

