



CUIDAR for Attention and Learning

COPE: A FREE 10-session parenting skills course

- Many research studies have shown that children with behavior and attention problems, such as difficulty sitting still, poor listening skills, aggression, and distractibility, do less well in school than their peers.
- It is important to identify and prevent these problems at an early age to improve your child's ability to perform well in school.
- If you are concerned that your preschool-aged child (3-5 years) may have attention and/or behavior problems, we have a program for you.
- This course uses active, small-group discussions to help you identify your goals for parenting and improve your parenting skills.

Upcoming Schedule for Fall 2009 COPE 10-Week Courses

Swain Elementary, Cypress <i>Tuesdays, October 6th to December 8th</i>	6:30 to 8:30 pm
Pretend City Museum, Irvine <i>Tuesdays, October 6th to December 8th</i>	6:30 to 8:30pm
Children's Hospital Orange County, Orange <i>Wednesdays, September 23rd to December 9th</i>	6:30 to 8:30 pm
Reilly Elementary, Mission Viejo <i>Thursdays, October 1st to December 10th</i>	6:30 to 8:30pm
Irvine Unified School District <i>Thursdays, October 1st to December 10th</i>	6:30 to 8:30 pm

Call Shahrzad at (949) 824-2462

for information on classes and to enroll

Enrollment is limited – call now!