

PLEASE JOIN US FOR A COMPLIMENTARY EDUCATIONAL

# Community Night

November 17, 2011

6:15 – 6:30 p.m. Check-in & Refreshments | 6:30 – 8:00 p.m. Presentation



## Mean Girls and Boys: What Parents & Kids Can Do to Stop Bullying

The sad truth is that mean girl and boy behaviors are rampant in our children's Elementary, Middle, and High Schools. Kids are calling each other names, deliberately excluding some kids from belonging, making up rumors about each other and sending nasty texts. Estimates are that half of all school children experience the stress and anxiety that results from bullying. Many more experience the pain of emotional aggression.

What can parents do? The key is to empower your children by teaching them specific strategies for how to cope and conquer the bully.

**In this class you'll learn 14 practical, step-by-step strategies for empowering your children and working with others to stop some of this hurtful behavior.**

DISCUSSION TOPIC

### Location:

Northwest Youth & Family Services Discovery Center  
3490 Lexington Ave N, Suite 205, Shoreview, MN 55126

Refreshments and child care provided (pre-registration required). Food shelf donations are appreciated.

### Instructor:

Toni Schutta is a National Speaker, Author, Parent Coach and a Licensed Psychologist with a Master's Degree in Psychology. She's the president of Families First Coaching, an organization devoted to providing parents with practical information, easy-to-use tools and helpful resources that will empower parents and strengthen families.

Presented by:



**Soup it Up**  
*for Kids*

In Collaboration With:



**Roseville Area Schools**  
Quality Teaching & Learning for All  
...Equity in All We Do

## REGISTRATION

Register online at [www.surveymonkey.com/s/soupitupforkids](http://www.surveymonkey.com/s/soupitupforkids), call Lisa at 651-293-5330 or return this form.

First/Last Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Organization/School District \_\_\_\_\_

Ages/# of Children \_\_\_\_\_ Childcare? Yes / No

Return completed registration form to: Working Family Resource Center, Attn: Lisa, 325 Cedar Street, Suite 250, Saint Paul, MN 55101