

# PARENTING IS HARD. EPIC CAN HELP.



## PROGRAM TOPICS:

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bedtime Routines
- Hassle-Free Shopping with Children

## WHEN:

**Fridays**  
**11am - 1pm**  
**Oct 6th - Nov 3rd**

*All courses held on Zoom*

**REGISTER:** 716-332-4126 or scan QR code

