



# Helping Children *cope in difficult times*

These are tough times for everyone with higher cost of living, unemployment and foreclosure cases growing each day. While life presents difficulty, it becomes even more challenging to communicate this hardship to children.

Join Judy Wood from Action for Children as she talks about the real-life challenges that families face and how they affect children. Learn ways to have honest dialogue with your children, while finding ways to reduce your own stress levels.

This program is for parents of children of all ages.

**Tuesday, February 24, 2009 ~ 6:00 p.m.**  
**Woodward Family Resource Center**  
**200 S. Washington Street**  
**Delaware, OH 43015**

**For more information call Erin Brite at (740) 833-1619 or  
Aimee McCann at (740) 363-1835**

