

**Family Development Center  
Psychology & Counseling Department  
Governors State University  
October Workshops**

**FDC Parent University**

While parenting does not come with a handbook, there is help for parents facing the often-perplexing questions about what is best for their children. The Family Development Center at GSU is sponsoring Parent University, a series of free presentations designed to give parents the information and insight they need to address the issues, questions, and problems that come with raising children.

Parent University begins on Monday, October 4, from 5 to 7:30 p.m., Dr. Cyrus Ellis, Associate Professor of Counseling at GSU, will present *Raising African American Boys to Men; A workshop for fathers.*

Dr. Jon Carlson, Professor of Counseling, will present *Helping Your Child to Develop Self-Discipline* on Wednesday, October 13, from 5 to 7 pm.

More guidance for parents comes from Dr. Shannon Dermer, associate professor and chair of the Division of Psychology and Counseling, on Wednesday October 27, from 5 to 7:30 pm. She will discuss *Winning the Whining War.*

Each month through May 2011, Parent University will continue with presentations by experts designed to provide parents with valuable information and tools. Parent University at GSU is made possible by an award from the U.S. Department of Education.

All presentations are free and open to the public. They are held at the Family Development Center. For more information, [visit the FDC website](#).

**Workshops will be in Room 155 Multi-Purpose Room call x7314 Christine for info.**