

Human Solutions™ Monthly E-newsletter



2010 CALENDAR

The theme for Human Solution's 2010 monthly health and wellness e-newsletter is "creating stronger, happier families" and in order to reflect our new theme, the newsletter's title will change to *Healthy Families*.

MONTH	TOPIC
January	Step-parenting: The do's and don'ts of helping to raise a step-child
February	Separation and divorce: How to create the best possible outcomes for everyone
March	Today's teenagers: What helps and what hurts when raising teens
April	To discipline or not: What works for children, what works for teens
May	Single parenting: How to avoid being overwhelmed
June	Grand parenting: How to best support your child as a parent and your grand-children
July	Improving family communications: Teach skills that last a lifetime
August	Create meaningful moments: Make memories everyone will cherish
September	Raising emotionally intelligent children: Help your child successfully manage feeling and emotions
October	Spirited children: Parenting skills that help your challenging child fulfill their potential
November	Secure attachments: Nurturing your child's intelligence, creativity, and healthy emotions
December	Money matters: The great allowance debate—if, when, and how much

For more information, contact your
Human Solutions™ Account Manager.