The Dinner On Us (DOU) program is a parent-to-parent roundtable offering families with young children the opportunity to learn more about themselves while acquiring new approaches to raising children. *DOU is a strength-based program that recognises all kinds of children and all kinds of parents.* DOU is free and includes dinner and supervised care for accompanying children most Monday evenings during the academic year. Unless otherwise noted, all sessions are held in the UMass Student Union Building.

Family Dinner: 5:30-6:00pm    Roundtable: 6:15-7:30pm
Supervised Children’s Activities: 5:45-7:30pm
Space is Limited to campus and AFC families.* Pre-Registration Required by visiting www.umass.edu/ofr or calling (413) 545-0865

Fall 2016 Schedule

**Resiliency**
A 4-Week Series with Dr. Kenneth Talan, M.D.

SEPTEMBER 12  Resiliency, and What Promotes It (1 of 4)
SEPTEMBER 19  Training Your Attention & Balancing Your Nervous System (2 of 4)
SEPTEMBER 26  Growing Your Resiliency Zone (3 of 4)
OCTOBER 3  Recognizing, Understanding, & Influencing Your Emotions (4 of 4)
OCTOBER 10  CAMPUS HOLIDAY – NO PROGRAM

**Positive Parenting**
A 5-Week Series with Victoria Munroe, M.Ed

OCTOBER 17  Alternatives to Punishments and Rewards (1 of 5)
OCTOBER 24  How to Be Kind and Firm (2 of 5)
OCTOBER 31  HALLOWEEN OBSERVED – NO PROGRAM
NOVEMBER 7  How to Create a Household Climate of Mutual Respect (3 of 5)
NOVEMBER 14  How to Empower Children to be Responsible & Respectful (4 of 5)
NOVEMBER 21  THANKSGIVING BREAK -- NO PROGRAM
NOVEMBER 28  How to Encourage Cooperation (5 of 5)

**Positive Solutions**
A 2-Week Series with Shelah Corey, MS, MSW, LICSW

*This program is co-sponsored with the Collaborative for Educational Services and is open to the community at large. Off Campus Location: Eric Carle Museum.*

DECEMBER 5  Positive Solutions (1 of 2) Off campus location: Eric Carle Museum
DECEMBER 12  Positive Solutions (2 of 2) Off campus location: Eric Carle Museum

Dinner On Us (DOU) is a program of the UMass Office of Family Resources (OFR), Room 428 Student Union. For more information, call (413) 545-0865 or visit: www.umass.edu/ofr. For weather-related cancellations, call (413) 545-0865 AFTER 1:00pm on program day. Note: If the campus is closed, there is no program.