The Dinner On Us parent-to-parent roundtable offers parents of young children the opportunity to learn more about themselves while acquiring new approaches to raising children. The program is free and includes dinner and supervised care for accompanying children on Monday evenings during the academic year. Unless otherwise noted, all Dinner On Us sessions are held in the UMass Student Union Building.

“The path from producing offspring to successful parenting is not always straightforward; there are all kinds of [children] and all kinds of parents.”
-- Meredith Small

Family Dinner: 5:30-6:00pm | Supervised Children’s Activities: 5:45-7:30pm | Roundtable: 6:15-7:30pm
Space is limited. To pre-register visit: www.umass.edu/ofr or call (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
Co-sponsored with the Collaborative for Educational Services.
Note: These sessions will be held at the Eric Carle Museum.

DECEMBER 5  Positive Solutions (1 of 2)
DECEMBER 12  Positive Solutions (2 of 2)

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 the day of the program.