

**FAMILY EDUCATION AND SUPPORT SERVICES PRESENTS:**

# **PARENTING AND FAMILY VALUES**

## **A Moral Reconciliation Therapy Curriculum**

### **CLASS DESCRIPTION**

This “Parenting and Family Values” program is designed to address past parenting behaviors, present family interactions, and assist parents in planning for a healthy family future.

~~UPON COMPLETION OF THIS PROGRAM YOU WILL BE GIVEN A CERTIFICATE OF COMPLETION.~~

**THIS CLASS IS PRESENTED BY A CERTIFIED PARENTING INSTRUCTOR.**

Parenting and Family Values, an evidence based parenting curriculum, has an open enrollment allowing participants to enter and exit as they work through the material.

### **FESS MRT CLASS LOCATION & TIME**

**Transit Community Center  
601 W Franklin Street  
Shelton, WA 98584**

**Every Thursday Evening from 6:00pm to 8:00pm  
(1st Time Orientation 5:45 pm)**

**Contact 360-754-7629 to Register for this Class!**



### **CLASS TOPICS**

An MRT (Moral Reconciliation Therapy Curriculum) workbook is used in class and is supplemented with discussion and presentations. We will be covering:

- \* Realistic Family Expectations*
- \* Healthy Child Development*
- \* Family Communication*
- \* Anger Management*
- \* Setting limits with Children*
- \* Discipline & Guidance*
- \* Managing Family Stress*
- \* Creating and Sustaining Healthy Environments*
- \* The Long-term Impact of Parental Conflict on Children*
- \* Early Brain Development*

**\*MORE INFORMATION ON REVERSE SIDE\***

## REGISTRATION INFORMATION

Please contact us for class cost. The fee may be reduced for those whose income can be verified to fall below poverty guidelines or you may qualify for a referral from DSHS. Examples of income verification are Paycheck stubs, SSI or financial assistance documentation.

### 1 COLLEGE CREDIT OFFERED!

**Details will be discussed  
at Orientation for receiving one  
college credit for this class through  
The South Puget Sound  
Community College!**

**To register, call 360-754-7629 -  
Toll Free at 1-877-813-2828 or  
Go online to FamilyESS.org**

**FESS is a contracted provider of  
parenting classes with DSHS  
Children's Services Provider #986151**

### ADDITIONAL INFORMATION

**All participants registered will be  
screened prior to class to avoid  
conflicts in attendance.**

**No child care is provided.**

**No food/beverages are provided but  
you may bring a snack or coffee/water/  
pop.**



**Family Education and Support Services is located at  
1202 Black Lake Blvd. # B Olympia, WA 98502**

**Phone: 360-754-7629 or toll free at 1-877-813-2828**

**Visit us at: [www.FamilyESS.org](http://www.FamilyESS.org) for this & more information**

**FESS is an equal opportunity service provider and does not discriminate on the basis of race, color,  
religion, national origin, age marital status, sexual orientation or disability.**



**Our mission is:**

**"To inspire healthy child development  
through the provision of quality family support services."**

**Parenting and Family Values  
is Presented by FESS,  
in collaboration with  
United Way of Mason County**

**LIVE UNITED**



**United Way  
of Mason County**