

Winning at Parenting Seminar

This Strengthening Families Event Sponsored by:



www.tumwater.k12.wa.us



www.FamilyESS.org



www.bgctc.org



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Where: Michael T Simmons Elementary School 1205 S 2nd Ave SW Tumwater, WA 98512

Time: 6:00 pm – 8:00 p.m. Dinner at 6:00 pm, Seminar/Child activities start at 6:30 pm

When: Mondays evenings on February 5th, 12th, 26th, March 5th, 12th, 19th 2018

(No class on Monday February 19th for President's Day)

A light dinner will be provided at 6:00 pm, and adult/child groups will split up for class and activities for the kids at 6:30 pm. Supervision and activities for children will be provided by the Boys & Girls Club!

Cost is Free – Including child care!

Winning at Parenting is intended to strengthen families by providing information, resources and an opportunity for parents to connect with each other. Throughout this 6-week class, group members share parenting strengths and identify areas for personal growth. The class combines discussion, lectures, group activities and the positive social support of peers to address common parenting concerns. Parents will receive a certificate of completion for this class.

For more information, directions and registration, contact: 360-754-7629 or

Register online at: www.FamilyESS.org and look for the WAP icon;

(Childcare available by reservation only, Ages: 3 – 11 years old)

Topics for this 6 week course:

- Feb 5 - **Fairytale Families:** *Explore parenting philosophies and family expectations.*
- Feb 12 - **Children's Development:** *When will this stage end? Explore age appropriate behaviors.*
- Feb 26 - **Family Communication:** *How to talk so children will listen and listen when they talk.*
- March 5 - **Anger in the Home:** *Methods for managing anger with adults and children.*
- March 12 - **Setting Limits With Children:** *New ideas that may work in your home.*
- March 19 - **Managing Family Stress:** *Explore concepts to keep your family healthy.*