

Winning at Parenting Seminar



This Strengthening Families Event Sponsored by:



www.squaxinland.org



www.FamilyESS.org

Where: Squaxin Island Family Services Building

2750 SE Old Olympic Hwy, Shelton, WA 98584

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

When: Mondays, May 7th, 14th, 21st, June 4th, 11th, & 18th 2018

A light dinner will be provided at 6:00 pm, and adult/child groups will split up for the adult class and activities for the kids at 6:30 pm. Supervision and activities for children will be provided for the children. Childcare available by reservation only when you register!

Cost is Free – Child Care Provided! (Ages 3-11 only)

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:

Contact: SIFS at 360-432-3987 or by e-mail at tcapoeman@squaxin.us ;

or FESS at 360-754-7629 or by e-mail at marc@familyess.org .

Topics for this 6 week course:

- Monday, May 7 - **Fairytale Families:** *Explore parenting philosophies and family expectations.*
- Monday, May 14 - **Children's Development:** *When will this stage end? Explore age appropriate behaviors.*
- Monday, May 21 - **Family Communication:** *How to talk so children will listen and listen when they talk.*
- Monday, June 4 - **Anger in the Home:** *Methods for managing anger with adults and children.*
- Monday, June 11 - **Setting Limits With Children:** *New ideas that may work in your home.*
- Monday, June 18 - **Managing Family Stress:** *Explore concepts to keep your family healthy.*