

# Winning at Parenting Seminar

This Strengthening Families Event Sponsored by:



[Tumwater McDonalds](#)



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**Where:** Peter G. Schmidt Elementary School 237 Dennis Street SE, Tumwater WA 98501  
(located near the corner of Dennis Street and Capitol Blvd)

**Classroom Locations:** Adult's group: Library      Children's Group: Gym

**Time:** 6:00 pm – 8:00 p.m. Dinner at 6:00 pm, Seminar starts at 6:30 pm

**When:** Monday Evenings: April 10th, 17th, 24th, May 1st, 8th, 15th, 2017

*A light, healthy dinner by Tumwater McDonald's will be provided at 6:00 pm,  
and adult/child groups will split up for class and child care at 6:30 pm*

**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: Staff at 360-754-7629;  
by e-mail: [Marc@Familyess.org](mailto:Marc@Familyess.org); or go online to register at: [www.Familyess.org](http://www.Familyess.org).

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

*We will also have other local agency resources available to share with families.*

## Topics for this 6 week course:

- April 10 - **Fairytale Families:** *Explore parenting philosophies and family expectations.*
- April 17 - **Children's Development:** *When will this stage end? Explore age appropriate behaviors.*
- April 24 - **Family Communication:** *How to talk so children will listen and listen when they talk.*
- May 1 - **Anger in the Home:** *Methods for managing anger with adults and children.*
- May 8 - **Setting Limits With Children:** *New ideas that may work in your home.*
- May 15 - **Managing Family Stress:** *Explore concepts to keep your family healthy.*