

FAMILY EDUCATION AND SUPPORT SERVICES PRESENTS:

PARENTING AND FAMILY VALUES

A Moral Reconciliation Therapy Curriculum

CLASS DESCRIPTION

This 12-Week “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. In general, this class runs for 12 weeks.

FESS MRT CLASS LOCATION & TIME

Family Education & Support Services Office
1202 Black Lake Blvd Suite B
Olympia, WA 98502

Call for Registration

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 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
and is sponsored by
United Way of Mason County**



**United Way
of Thurston County**