



FREE
GUIDING GOOD CHOICES
PARENTING TOGETHER SERIES
YMCA - SHELTON



Weekly Gatherings
January 4 - February 8, 2023
Wednesdays
5:30 - 7:30 PM

Location:
Shelton YMCA
3101 North Shelton Springs Road
Shelton, WA 98584
Virtual option available upon request



Washington State
Health Care Authority

Join us for a nationally-recognized, evidence-based parenting workshop series. Topics include positive discipline tools, communication skills, child development and stress/anger management. Each of the sessions includes a FREE MEAL, childcare and take home practices that can be applied immediately.

For more information or to register:
www.familyess.org or
call (360) 754-7629

**FREE FAMILY MEAL,
CHILDCARE &
DOOR PRIZES!**

**MEET & CONNECT
WITH OTHER
PARENTS**

**LEARN PRACTICAL
TOOLS, TIPS,
STRATEGIES**