



# PARENTING IN RECOVERY

Parenting in Recovery is a court-approved, 14-week research-based curriculum for parents who are in recovery. MRT (Moral Reconciliation Therapy) uses the Parents and Family Values curriculum, and is supplemented with a variety of discussions and presentations designed to address past behaviors, present family interactions, and assist parents in planning for a healthy family future.

## What we will cover:

- Realistic family expectations
- Anger management
- Managing family stress
- The long-term impact of parental conflict on children
- Healthy child development
- Setting limits with children
- Family communication
- Discipline vs. punishment
- Early brain development
- Addiction and prevention
- and more...

Upon completion of this class you will receive a certification of completion.

Family Education & Support Services is an equal opportunity employer and service provider and does not discriminate.



**SIGN UP TODAY!**  
Parenting in Recovery  
Live in-person training

**Mondays**  
**12:30-2:30 PM**

Lewis County Court House  
Sherriff's Training Room (first floor)  
325 W. Main St.  
Chehalis, WA 98532

To Register please call  
**(360) 754-7629**  
See our other classes offered at  
[www.familyess.org](http://www.familyess.org)

**SAFE CHILDREN | STRONG FAMILIES | HEALTHY COMMUNITIES**