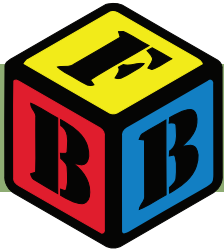


MAKE PARENTING A PLEASURE

FREE CLASS WITH FAMILY BUILDING BLOCKS AND  **hub inc.**
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A *FREE* 12-WEEK COURSE GIVING INDIVIDUALS AND FAMILIES THE KNOWLEDGE, STRATEGIES, AND SKILLS TO HELP WITH PARENTING.

INCLUDES A COMPLIMENTARY DINNER AND CHILD CARE!

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- **PRACTICE** self care methods
- **LEARN** stress management and parenting techniques
- **DEVELOP** communication skills
- **GAIN** a better understanding of your children
- **BUILD** a strong support network



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