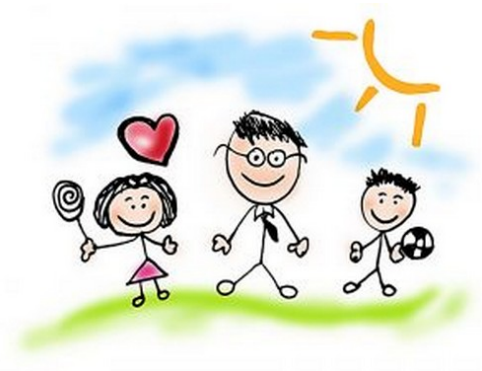


# Make Parenting a Pleasure!

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## This class will focus on:

- ✓ How to manage stress and anger in healthy ways
- ✓ Ways to develop realistic expectations for parenting
- ✓ Communication skills
- ✓ Tools for Positive Discipline



**Dates:** Tuesdays, April 3- June 5

**Time:** Dinner: 5:30pm  
Class: 6:00-8:00pm

**Location:** Auburn Elementary School  
4612 Auburn Rd NE  
Salem OR 97301

**To Register:** Call Auburn Elementary School at 503-399-3128

**This class is being provided at no cost to participants. Free childcare and a free meal are also provided for this class.**

This class is sponsored in partnership by Salem-Keizer Public Schools and the Marion & Polk Early Learning Hub, Inc.

