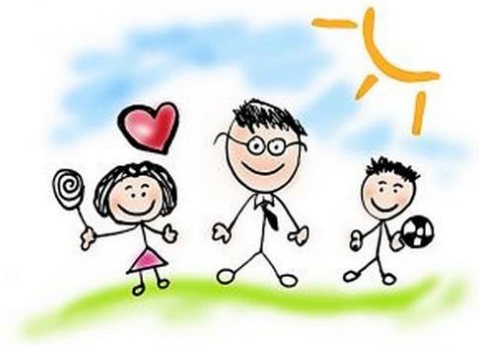


# Make Parenting a Pleasure!

---

## 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 January 15th-March 19th

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

**Location:** Eyre Elementary School

**To Register:** Call Eyre Elementary School at **503-399-3311**

4868 Buffalo Drive SE  
Salem, OR 97317-5984

**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.

