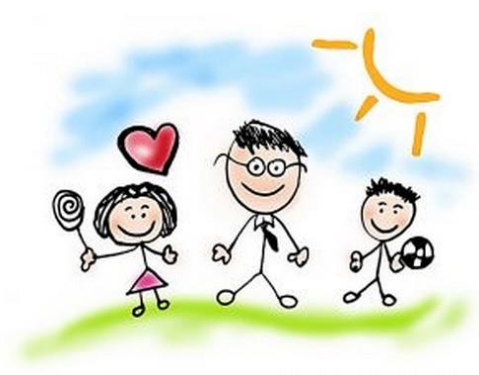


Make Parenting a Pleasure!

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: Thursdays January 17th-March 21st

Time: Dinner: 5-5:30pm
Class: 5:30-7:30pm

Location: 4 Corners Elementary School
500 Elma Avenue SE
Salem, OR 97317-5621

To Register: Call 4 Corners Elementary School at 503-399-3145

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 Early Learning Hub, Inc.

