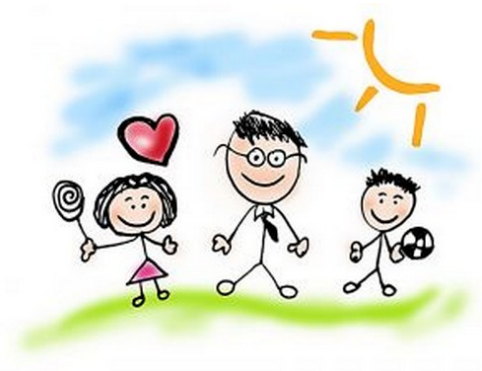


# Make Parenting a Pleasure!

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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:** Thursdays January 17<sup>th</sup>-March 21st

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

**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.

