

MONDAYS 6-8pm

April 15th - May 20th

Join at any time!

**North Marion Primary School**

20257 Grim Rd NE, Aurora, OR 97002

VISIT [bit.ly/NMParent](https://bit.ly/NMParent) TO REGISTER

# FREE 6-Week Parenting Series



**FREE DINNER @ 5:30pm**

**CHILDCARE PROVIDED**

Shift from punishment to consequences

Understand child development and how best to help your child thrive

Learn better tools for managing stress and improving self care

Reduce conflict in your interactions with your child

Reduce stress and anger in your life

Change your words and change your child's response



**Erika Kane, MA**

Erika Kane is a local mental health counselor. She has a passion for working with individuals and couples to help them improve their relationships, strengthen their family and provide parenting support. Prior to becoming a counselor Erika was an elementary school teacher.