# Peaceful Parenting Workshops

Do you wish you felt more connected to your children? Would you like to get your kids to cooperate without bribes or punishments?
Are you feeling stressed as a parent and wish you had some support?

•Learn how to understand your children's challenging behaviors as they relate to their core needs.
•Discover which Parenting Pattern you use and how it is affecting your relationship with your kids.
•Practice how to use two powerful parenting tools that will strengthen your bond with your children and lessen conflicts.

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## Single sessions
## Offered twice each month

**January, 2020:**
Sat, Jan. 18 from 9:00am to Noon
Thu, Jan. 23 from 5:30pm to 8:30pm

**February, 2020:**
Sat, Feb. 15 from 9:00am to Noon
Thu, Feb 27 from 5:30pm to 8:30pm

**March, 2020:**
Sat, Mar. 21 from 9:00am to Noon
Thu, Mar. 26 from 5:30pm to 8:30pm

**April, 2020:**
Sat, Apr. 18 from 9:00am to Noon
Thu, Apr 23 from 5:30pm to 8:30pm

### Location:
939 Oak St
Salem, OR 97301
Building D

### Cost:
Free

### Register:
online www.salemhealth.com/CHEC
or call 503-814-2432 (CHEC)

Salem Health® Hospitals & Clinics