

MAKING PARENTING A PLEASURE

FREE VIRTUAL COURSE WITH FAMILY BUILDING BLOCKS



A **FREE** 12-WEEK COURSE GIVING INDIVIDUALS AND FAMILIES KNOWLEDGE, STRATEGIES, AND SKILLS TO HELP WITH PARENTING.

**REGISTRATION REQUIRED. CONTACT MELODIE TO JOIN ON ZOOM!
503.769.1120 or mweeks@familybuildingblocks.org**

SEPTEMBER 19-DECEMBER 5, 2022

MONDAYS | TIME: 1-2 PM

OPTIMAL FOR FAMILIES WITH CHILDREN 8 AND YOUNGER

- **UNDERSTAND** your child's needs
- **LEARN** to manage parent and child expectations
- **GAIN** confidence in parenting
- **PRACTICE** new ways to connect with your child



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