

Do you have children ages birth - 12 years old?  
Do you want to stress less and  
have more fun as a parent?  
This Make Parenting a Pleasure class can help!

**Instructor: Brian MacInnes**

You will learn:

- how to take care of yourself during the demands of parenting
- ways to talk and interact better with your family
- techniques for disciplining your kids in a positive way



**Tuesdays, 6:00pm-7:30pm**  
**4/4/23, for 10 weeks**  
**FREE. Dinner & childcare provided.**  
**Dinner starts @ 5:30pm**  
**Held at the Santiam Canyon**  
**Early Learning Center**  
**233 SW 3rd Ave., Mill City**

Please pre-register and  
reserve your childcare  
space by contacting  
Daniela at  
(503) 593-3523 or  
[daniela@ruralfamilies.org](mailto:daniela@ruralfamilies.org)

**BROUGHT TO YOU BY:**  
Strengthening Rural Families, with funding  
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**Strengthening Rural Families**  
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