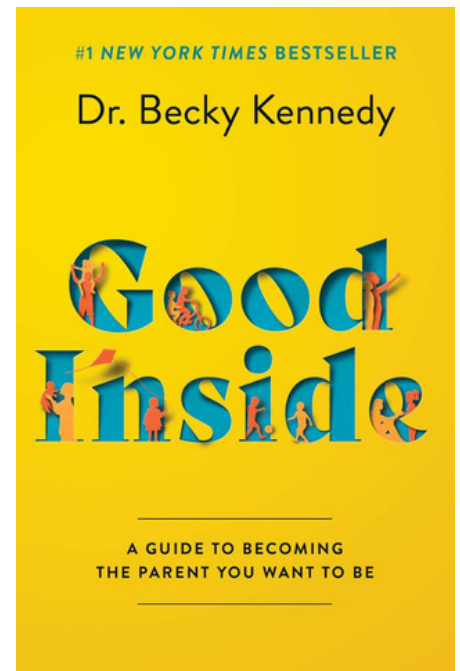


Parenting Book Club

Nina Petrovich, Family Skills Coach

Read 'Good Inside' by Dr. Becky Kennedy with Nina and other parents like yourself who want to learn a new parenting philosophy in a casual, relaxed atmosphere.



Join Nina to read and discuss Dr. Becky's popular philosophy, building from the baseline of a radically simple but profound truth:

You are good inside. Your kids are good inside.

There are no "bad kids" or "bad parents"—there are only good kids having a hard time, and good parents struggling to do their jobs well. Learn tools designed to help parents move from frustration and self-blame to empowerment, confidence, and sturdy leadership.

Books will be provided to participants before the first meeting. You will meet in a casual gathering over the course of the class to talk about the ideas presented in this book and how they can be applied to your real-life situation.

6 weeks; Wednesdays,
Nov 8 - Dec 13
9:30am - 11:00am
@ Imagine Coffee,
5460 Philomath Blvd,
Corvallis, OR

Please pre-register.
For more info and to register,
contact Jen, email:
jennifer.srf@ruralfamilies.org
or call the SRF office
(541) 929-2535

Zoom weekend time alternative available: time TBD

Individual coaching is available to anyone interested.



BROUGHT TO YOU BY:
Strengthening Rural Families,
LBCC-Parenting Success Network,
& DELC

