## MAKE Parenting q Pleqsyre oneine

Do you want to stress less and have more fun as a parent? In this FREE class, families of children birth to 10 will explore the ways to Make Parenting a Pleasure. Learn how to take care of yourself during the demands of parenting and ways to talk and better interact with your family. Learn techniques for disciplining and guiding your school-aged children in a positive way. Free materials and incentives for participation.

Meet other parents

Get your questions answered

Free materials & incentives

**THURSDAYS** \*No class July 4th STARTING JUNE 20-AUG 29

6.00 - 7.30 PM ON ZOOM



## **REGISTER NOW**



<u>\$41-9</u>17-4899

parentinged@linnbenton.edu

