

MAKE PARENTING A PLEASURE

Do you need more
time for yourself?

Would you like
more confidence
in your
parenting?

Would you like to
connect with other
parents and gain
skills that focus on:

Self-Care
Communication
Positive Discipline
Stress
Management



If you answered **YES** to any of these questions,
we invite you to join us for 10 **FREE** weekly seminars.

FOR: Parents and caregivers with children between ages of 0-8.

WHEN: Thursdays, January 19th to March 23rd
5:30pm to 7:30pm

WHERE: Mabel Rush Elementary School
1441 Deborah Road
Newberg OR 97132

FREE WITH CHILD CARE AND MEAL

HOW TO REGISTER

Online at www.midvalleyparenting.org

or by calling Miriam at

503-455-8047

QUESTIONS

Michele Gray

503-472-2000 ext. 318

