



Let Your Stress Fly Away & Enjoy Parenting !
“MAKE PARENTING A PLEASURE”

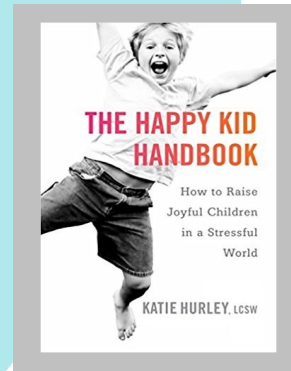


**A NEW CLASS FROM
 KITSAP COMMUNITY RESOURCES**

An 8 week evidence-based approach to coping with the stresses of life and how they affect your ability to parent. In class we will discuss the following topics:

- The importance of self-care
- Stress and anger management
- Understanding child development
- New communication skills with your children
- Positive discipline techniques

Class is interactive and includes a book club activity and a relaxation project.



Feb 12-April 2
 Mondays, 6-8 pm
 1201 Park Ave, Bremerton
 \$80 Tuition
 Scholarships &
 Payment Plans Available



The Parenting Place is a Kitsap Community Resources program
 1201 Park Ave, Bremerton, WA 98337 (360) 473-2134 parentingplace@kcr.org



**KITSAP COMMUNITY
 Resources**

A Community Action Partnership. Helping people. Changing lives.