

TRUE INSIGHT PARENTING STRATEGIES



CALLING ALL PARENTS...

- WOULD YOU LIKE HELP MANAGING BEHAVIOR OUTBURSTS OR MELTDOWNS?
- REDUCING CONFLICT OR SETTING BOUNDARIES WITH YOUR CHILD?
- LEARN HOW TO BUILD YOUR RELATIONAL CAPACITY AND EXPERIENCE MORE JOY WITH YOUR CHILDREN.

JOIN US FOR THIS **FREE** PARENTING SERIES

APRIL 4th–MAY 9th

TUESDAY EVENINGS 6:00PM TO 8:00PM

AT OAKLAND HIGH SCHOOL



YOU ARE INVITED TO A SIX-WEEK PARENTING SERIES

JOIN US AND BECOME PARENTING EXPERTS!

***The Philosophy:** This series focuses on building positive relationship patterns focused on empathy, humility, generosity, and servant-leadership. The aim is to help parents become experts in the field of relating to others through boosting emotional intelligence and increasing insight.*

Trauma Informed

Parenting



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DINNER, CLASS & CHILDCARE PROVIDED

Contact the FARA Office 541-229-0510 www.fara4kids.org