



Children. Families. Community.

You can...

## *Make Parenting a Pleasure!*

Being a parent is a challenge, and it's easy to feel you're alone in the role. In this **FREE** class, join others in understanding the skills of effective parenting:

- ◆ Learning how to **take care** of ourselves
- ◆ Managing **stress and anger**
- ◆ Improving **communication** skills
- ◆ Developing **realistic expectations** for our children
- ◆ Disciplining children **positively**
- ◆ Dealing with **challenging behaviors**



*Make Parenting a Pleasure*  
starts on **Wednesday, April 15, 2009**

Class runs every Wednesday, 6-8 p.m., for nine weeks  
from April 15, to June 10, 2009

**Encompass Main Campus**  
1407 Boalch Ave NW, North Bend 98045



Funding for this program is provided by the King County Department of Community and Human Services Mental Health, Chemical Abuse and Dependency Services Division Alcohol and Other Drug Prevention Program.

Register **NOW!** 425.888.2777 / [www.encompassnw.org](http://www.encompassnw.org)

Classes and childcare are **FREE!**