

Join us at Sandy Grade School for Make Parenting a Pleasure, on January 13th, 2016, at 6:00 pm.

Class Description:

Make Parenting A Pleasure® is for all families with children birth to 8 years old. The group focuses on positive parenting and enjoying your child. Parenting is the most important and challenging job there is! Parents are the foundation of the family. Join other parents of children ages birth to 8 years old, develop a support network and learn:

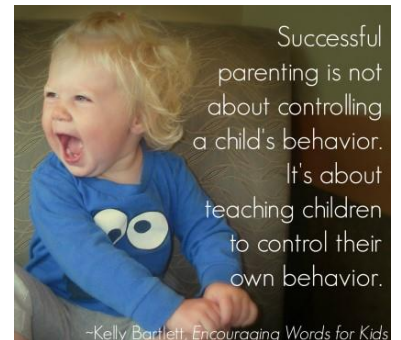
- How to manage stress in healthy ways for you and your children.
- Different ways to develop realistic expectations for parenting and self-care.
- The latest on child development, temperament, and brain development.
- Gather more tools for positive discipline, stress busters, anger management, specific issues, family resources, and more.

This ten week course will be offered, free of charge, starting January 13th, 2016, on Wednesday evenings at Sandy Grade School.

Each class will start at 6:00pm with a dinner for the entire family. At 6:30pm, the children go to age appropriate structured activities, while the parents gather to learn this exciting curriculum. These classes will be offered in both Spanish and English.

If you have inquiries for the Sandy area English classes please call Shawna Johnson at (503) 341-331 or email her at shawnaj@todos-juntos.net, to register today and she will contact you.

For information and registration for Spanish classes please contact Mara P Avila, at mara.avila@ortrail.k12.or.us or 971-255-3153. We look forward to serving you and your family!



THE COLLINS FOUNDATION
THE FORD FAMILY FOUNDATION
MEYER MEMORIAL TRUST
THE OREGON COMMUNITY FOUNDATION
OREGON STATE UNIVERSITY

