encompass
Children. Families. Community.

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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, Sept. 24**

Class runs every Wednesday, 6-8 p.m., for nine weeks
from Sept. 24 through Nov. 19

Encompass Main Campus
1407 Boalch Ave NW, North Bend 98045

King County

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

Classes and childcare are **FREE**!