



# STARTING FEBRUARY 2, 2022 MAKE PARENTING A PLEASURE

**A 12-week virtual class for caregivers of children 0-8 years who live in Oregon**

This class will help you to:

- Align your parenting with your values and goals
- Learn about self-care and managing stress
- Gain a better understanding of your children and how to support their unique needs
- Structure and prioritize family needs with rules and routines
- Use responsive communication to strengthen your bond with your child
- Learn how to use discipline as teaching and build your toolbox of effective discipline strategies

**\*Class includes regular individual consultation for each family\***



Free Virtual Class!  
For caregivers of  
children ages 0-8  
in Oregon

12-Week Zoom Class  
Feb. 2-Apr. 27  
Wednesdays  
3:30-5:30PM  
No Class March 23rd  
during Spring Break

Registration is  
required! [Click here](#)  
to begin enrollment  
or scan the QR  
code below



CONTACT STEPHANIE  
CLODFELTER, MSW  
WITH QUESTIONS

[Stephanie.Clodfelter@morrisonkids.org](mailto:Stephanie.Clodfelter@morrisonkids.org)

971-284-7249