



# STARTING FEBRUARY 6, 2024 MAKE PARENTING A PLEASURE

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

**12-Week Zoom Class  
February 6-April 23  
Tuesdays  
2:30-4:30pm**

Registration is required!

Follow this link

<https://forms.office.com/r/JPsgy2y1mg>

to begin enrollment or scan the QR code below



CONTACT STEPHANIE CLODFELTER, LCSW WITH QUESTIONS

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

971-284-7249