



Join us for a 3 Session Series of **PARENTING WITH COURAGE & CONNECTION**



Gain tools and strategies that address your biggest challenges as a parent or caregiver! Together we explore approaches you can use right away to get to the core of conflict and bring more peace and joy to your home.

- Manage your own emotions, so that you interact with your children in a way that strengthens your relationship
- Understand basic child development and brain science, which gives you science-backed and developmentally appropriate approaches to address challenging behavior at home
- Discipline with kindness and firmness, so your kids understand and respect limits
- Build community with other parents

Parents will leave this three-week series with some new simple, respectful parenting tools to use right away!



Sessions are in Spanish and build on each other. Please plan to join all three sessions.

Dates: **May 7, 14, 21 | 6:00 - 8:00 pm**

Location: **Maywood Middle School**

14490 168th Avenue SE, Renton, WA 98059

Food will be provided!

For questions, contact: ISD Counseling and Student Well-Being, CSWB@issaquah.wednet.edu



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