



Family Education
& Support Services

PARENTING IN RECOVERY

Parenting In Recovery

THURSDAYS 10:00 AM - NOON

To Register: Call (360)754-7629 or Online at Familyess.org

LIVE via ZOOM webinars

Questions? (360)754-7629

CLASS DESCRIPTION-

This **12-week** evidence-based class for parents in recovery uses the Moral Reconciliation (MRT) Parenting and Family Values Curriculum, supplemented with discussion and presentations. It is designed to address past parenting behaviors, present family interactions, and assist parents in planning for a healthy family future.

**UPON COMPLETION OF THIS CLASS YOU WILL RECEIVE
A CERTIFICATION OF COMPLETION.**

This 2-hour class is an open enrollment allowing participants to enter and exit as they work through the material. Please call or visit familyess.org/classes to register.

TOPICS INCLUDE

- Realistic Family Expectations
- Anger Management
- Managing Family Stress
- The Long-term Impact of Parental Conflict on Children
- Healthy Child Development
- Setting Limits with Children
- Family Communication
- Discipline VS Punishment
- Early Brain Development
- Addiction Family and Prevention

REGISTRATION INFORMATION

Please contact us for class fee. Family Education & Support Services is a contracted provider of parenting classes with Washington State. **Children's Services Provider #98151**

In partnership with South Puget Sound and Centralia College, details will be discussed at orientation for receiving one (1) college credit for this class.

To register for class call **(360)754-7629**, toll free **1(877)813-2828** or online at **FAMILYESS.ORG**.

Every effort will be made to locate an interpreter for non-English speaking participants. Washington Relay Service for Hearing and Speech Impaired (ONLY) 1(800)833-6388.

ADDITIONAL INFORMATION

All participants who register will be screened for restraining orders to avoid conflicts in attendance.

For more information call 360-754-7629 or visit WWW.FamilyESS.org, or email Shelly@FamilyESS.org.

Family Education & Support Services is an equal opportunity services provider and does not discriminate on the basis of race, color, religion, national origin, age, marital status, sexual orientation, or disability.



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