!!! FREE FOR EVERYONE since 1999 !!!
Now PARENT'S NIGHT is on-line

PARENT'S NIGHT On-Line

MATERIALS PROVIDED

MATERIALS AVAILABLE AT:
www.selftimeout.org

A safe, supportive gathering for parents, grandparents, adoptive parents, and foster parents who are parenting children of any age.

NO JUDGING... JUST TOOLS THAT WORK.

Choose to:

- Feel stronger & smarter in a crisis
- Help your child choose school
- Learn tools that work
- Stay out of power struggles
- Increase safety
- Feel better about your child
- Feel better about your parenting
- Receive community support
- Listen to parent's success stories

Every WEDNESDAY NIGHT 6:00 PM to 7:30 PM

We have chosen to take the Parent's Night group on-line. In early March 2020 the face-to-face Parent's Night was suspended due to the spread of the COVID-19 virus in our community.

www.selftimeout.com

Two weeks later we are re-opening Parent's Night on the web using zoom.com. Please join us using your cell phone, laptop or tablet for a respectful discussion of Cognitive Behavioral Parenting Skills that will help you have functional authority as parents.

FREE

Led by:
Connie Bonner-Britt, MA, LMHC
and Chuck Britt, MA, LMFT

Call to sign up to join Parent's Night On Line:
360-336-3882