

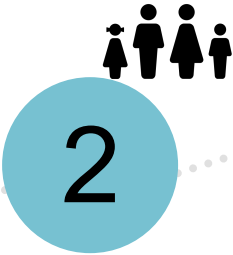
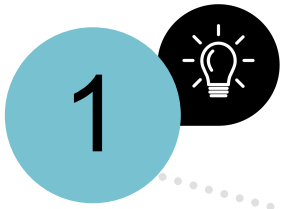
BREAKTHROUGH PARENTING

TEN-WEEK COURSE FROM CLARIS HEALTH



Join Claris Health for group sharing and parent learning. In this discussion series, you will go through lessons based on Dr. Jane Major's proven *Breakthrough Parenting* methods. Get ready to transform your relationship with your children!

DISCUSSION TOPICS



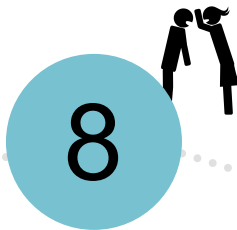
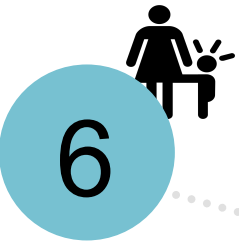
Breakthrough Parenting Method

Teaching Children Responsibility

Helping Children Build Healthy Self-Esteem

Communicating Effectively

Discipline with Love



How Children Think

Learning to Love

Reducing Stress in Your Family

Discussing Sensitive Subjects

Bringing it All Home

THE DETAILS



WHEN:

Thursdays, 6-7 p.m.
on
8/29 | 9/19 | 10/10 |
11/21 | 12/12 | 1/16 |
2/20 | 3/19 | 4/16 | 5/14!



WHERE:

John Adams
Middle School



INSTRUCTORS:

Niki Woolsey, Certified
Breakthrough Parenting
Instructor