

Feel stressed out?

Tired and fed up with parenting?

We are here to help!



Rainbow House presents

P A R E N T I N G

SKILLS CLASS

WHAT IS IT?

8 WEEK PARENTING SKILLS TRAINING focused on healthy discipline and stress management for parents of children of all ages.

WHERE?

Boone County Family Resource Center @ 1209 E. Walnut Columbia 65201

WHEN?

Meets Thursday's, 5-6:30 p.m. Next class starts June 3, 2010.

FOR WHOM?

Parents who have been COURT ORDERED OR REFERRED to parenting classes.
Child care may be provided during parent classes.

ISSUES ADDRESSED:

"Parenting Piece by Piece" training curriculum includes: Child development education, Stress and anger control skills for the whole family, Creative discipline and communication to deal with misbehavior, Effective reactions to challenging behaviors, Community resources that support families, Development of parent/child bond and attachment.

COST:

Each class is \$5 per family (sliding scale is available upon request)

HOW TO APPLY:

R.S.V.P. by calling Andrea Shaw, MSW/LCSW @ 573-474-6600 for an intake.



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