



PREVENTION WORKS!
A Community Coalition of Clallam County



FREE PARENTING CLASSES - NOV 16 & 30

UP YOUR PARENTING GAME!

SUPPORT YOURSELF & YOUR FAMILY



Taught by Rachel Hardies, M.A., LMHC
Mental Health Counselor & Mental Strength Coach

Session 1: Wednesday, Nov. 16, 6-8:30pm

Session 2: Wednesday, Nov. 30, 6-8:30pm

Sequim Boys & Girls Club - 400 W Fir St, Sequim

Meal & Child Care Provided!

TOPICS COVERED:

- Learn how our nervous systems work
- Learn how to use that knowledge to support you and your child
- Set age appropriate expectations through learning about human development
- Learn ***Being N.E.A.R.R.***, an attentive play process you can practice to improve your relationship with your child



MORE INFO & REGISTRATION: CLICK LINK BELOW OR SCAN QR CODE

<https://www.eventbrite.com/e/up-your-parenting-game-support-yourself-your-family-2-sessions-tickets-445791814317>

* The second session builds on the first, so sign up for both sessions! *

~ Sponsored by Prevention Works! and funded by a generous grant from the Albert Haller Foundation ~

*Presented by: Prevention Works! - A coalition that promotes positive childhoods in Clallam County.
Prevention Works! advocates, educates, and invests in our children.*

... Helping children thrive for 24 years ...



More Information: www.pw4kids.org - info@pw4kids.org