

FAMILIES FIRST

A 15 Week Nurturing Family Program



Parents and children will learn to:

- Develop family rules
- Communicate their feelings honestly
- Express anger without violence
- Develop quality “time-in”
- Give and receive positive recognition
- Practice nurturing routines
- Use their personal power in positive ways
- Discipline with positive results
- Play and have fun as a family!

FREE CLASS! FREE DINNER!

Please call the school at 496-3524 to register your family for the class.

**When: Class begins January 7, 2010
Thursday evenings
6:00 PM to 8:30 PM**

Where: Glide Elementary School

Presented by the Glide School District in cooperation with the Douglas County Early Childhood Planning Coalition and The Ford Family Foundation.

Please post information until January 21, 2010