



# ARE YOU A **PARENT?**

MRT- PARENTING & FAMILY VALUES

This 14-week researched-based class for parents/caregivers uses Moral Reconnection Therapy (MRT) Curriculum, supplemented with discussion and presentations. It is designed to address past parenting behaviors, present family interactions, and assist parents in planning for a healthy family future.

This 2-hour weekly class has an open enrollment allowing participants to enter and exit as they work through the material. Please call for class dates and times, or visit [Familyess.org/classes!](http://Familyess.org/classes!)

## What we will cover:

- Realistic family expectations
- Anger management
- Managing Family Stress
- Long-term impact of parental conflict on children
- Healthy child development
- Setting limits with children
- Family communication
- Discipline & guidance
- Early brain development
- and more..

Upon completion of this class you will receive a certification of completion.

MRT1122



## **SIGN UP TODAY!** **Live Virtual** **MRT - Parenting &** **Family Values**

For class information &  
to register visit:  
[Familyess.org/classes](http://Familyess.org/classes) or  
call (360) 754-7629



Family Education & Support Services is an equal opportunity employer and service provider and does not discriminate.

**SAFE CHILDREN | STRONG FAMILIES | HEALTHY COMMUNITIES**

# REGISTRATION INFORMATION

Please contact us for class fee. Family Education & Support Services is a contracted provider of parenting classes with Washington State. Children's Services Provider #438968

In partnership with South Puget Sound Community College, details will be discussed at orientation for receiving one (1) college credit for this class.

To register for class call (360)754-7629, toll free 1(877)813-2828 or online at [FAMILYESS.ORG](http://FAMILYESS.ORG).

Every effort will be made to locate an interpreter for non-English speaking participants. Washington Relay Service for Hearing and Speech Impaired (ONLY) 1(800)833-6388.

## ADDITIONAL INFORMATION

All participants who register will be screened for restraining orders to avoid conflicts in attendance.

The Seminar fee may be discounted for those whose incomes can be verified to fall below poverty guidelines. Examples of income verification are: paycheck stubs and Washington State Financial Assistance documents.

Family Education & Support Services is an equal opportunity services provider and does not discriminate on the basis of race, color, religion, national origin, age, marital status, sexual orientation, or disability.



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[FAMILYESS.ORG](http://FAMILYESS.ORG)