

!!! NOW **FREE** FOR EVERYONE !!!

# MOUNT VERNON PARENT'S NIGHT



**MATERIALS  
PROVIDED**

**MATERIALS AVAILABLE AT:  
[www.selftimeout.org](http://www.selftimeout.org)**

A safe, supportive gathering for parents, grand-  
parents, adoptive parents, and foster parents  
who are parenting children of any age.

**NO JUDGING... JUST TOOLS THAT WORK.**

**Choose to:**

- Feel powerful with schools
- Help your child choose school
- Have effective authority
- Stay out of power struggles
- Increase safety
- Feel better about your child
- Feel better about your parenting
- Receive community support
- Listen to parent's success stories

Every **WEDNESDAY NIGHT 6:00 PM to 7:30 PM**



at

**SKAGIT FAMILY STUDY CENTER**

924 South 11th Street

At the corner of 11th and Broad across from Lincoln Grocery.

Entrance on Broad Street. Look for the totem pole.

Street Parking or Park at Lincoln School.

Led by:

**Chuck Britt  
Family Therapist**



**NO  
CHILD CARE**

**FREE**

**CALL FOR  
INFORMATION  
360-336-3882**