

!!! **FREE** FOR EVERYONE since 1999 !!!
Now PARENT'S NIGHT is on-line



PARENT'S NIGHT On-Line



**MATERIALS
PROVIDED**

MATERIALS AVAILABLE AT:
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 stronger & smarter in a crisis
- ☛ Help your child choose school
- ☛ Learn tools that work
- ☛ 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

We have chosen to take the Parent' Night group on-line. In early March 2020 the face-to-face Parent's Night was suspended due to the spread of the COVID-19 virus in our community.

www.selftimeout.com

Two weeks later we are re-opening Parent's Night on the web using zoom.com. Please join us using your cell phone, laptop or tablet for a respectful discussion of Cognitive Behavioral Parenting Skills that will help you have functional authority as parents.



FREE

Led by:

**Connie Bonner-Britt, MA, LMHC
and Chuck Britt, MA, LMFT**



Call to
sign up to join
Parent's Night
On Line:
360-336-3882