



PARENTS FOREVERTH

EDUCATION FOR TRANSITIONING PARENTS
IN CASCADE COUNTY

Our goal is to nurture the relationship with yourself, your co-parent, and your child.

TO REGISTER PLEASE SCAN CODE OR CONTACT:

ISIS OLSON
406-868-3097
lolson@allianceforyouth.org
3220 11th Ave S.
Great Falls, MT 59405



\$20 PER PERSON FOR CLASS

 @allianceforyouth

You are not in this transition alone and to promote overall child well being there are 3 important factors:

- 1 SELF-CARE
- 2 PARENT-CHILD RELATIONSHIPS
- 3 CO-PARENTING

You can only control yourself and how you can add to, the well being of your child.

WHAT TO EXPECT

- Recognize the family transition journey and how each member is affected.
- Recognize the role of self-care, a parent child relationships, and co-parenting in child wellbeing.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all.

UPCOMING CLASSES

HELD MONTHLY - SATURDAY (10 - 4:30) OR THURSDAY (11 - 5 PM)

TEXT ISIS OLSON AT 406-868-3097 FOR DATES. DATES ALSO POSTED ON ALLIANCE FOR YOUTH & THE SOBER LIFE FACEBOOK PAGES.

UPCOMING SCHEDULE:
JUNE-THURSDAY
JULY-SATURDAY
AUGUST-THURSDAYS



Alliance for Youth