



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
iolson@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:

JAN. SATURDAY

FEB.-THURSDAY

MARCH-SATURDAY

APRIL-SATURDAY

MAY-SATURDAY(MAY 2ND)



Alliance for Youth