



# PARENTS FOREVER<sup>TM</sup>

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  
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3220 11th Ave S.  
Great Falls, MT 59405



\$20 PER PERSON FOR  
CLASS

 [@allianceforyouth](https://www.facebook.com/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**