

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

The word "PARENT'S NIGHT" is written in large, bold, red letters with a yellow outline. The word "On-Line" is written in a smaller, yellow font with a red outline. Several small illustrations of turtles are scattered around the text.

PARENT'S NIGHT On-Line

**MATERIALS
PROVIDED**

**MATERIALS AVAILABLE AT:
www.selftimeout.org**

A safe, supportive gathering for parents, grandparents, 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

Parent's Night is now: "Parent's Night On Line" We are on 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.

Led by:
**Connie Bonner-Britt, MA, LMHC
and Chuck Britt, MA, LMFT**

Go to www.selftimeout.com. There you will be guided through the registration process.

www.selftimeout.com

FREE

A small illustration of a turtle.

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