

PARENTING CLASSES

hosted by Families First of Pella

“There are no perfect parents, and no perfect children, but there are plenty of perfect moments along the way.” (Dave Willis)



“GOOD INSIDE” WORKSHOPS

Screen time battles, sibling dynamics, deeply feeling kids, listening, refusal, power struggles, whining, tantrums, defiance...are these parenting challenges that you face?

Check out a “Good Inside” Parenting Class!



- First and Second Tuesday of the Month, Sept-May**
- 12-1 pm, Pella Public Library Meeting Room**
- Free Subway lunch**
- Free childcare at Second Reformed Church**
- Come to the sessions that work for you!**
- Registration required for meal and childcare**

LOVE AND LOGIC®: ADULTS SUPPORTING YOUTH WITH CHALLENGING PASTS

This class addresses the specific needs of youth who have experienced challenging pasts. Learn about the importance of attachment, how to deal with defiance, how to set limits while minimizing power struggles, how to support learning and achievement at school, and more. This class also applies to parents of children who have not experienced trauma and anyone is welcome!

- Tuesdays, Sept. 10, 17, 24, Oct. 1, 8, 15**
- 5:30-7:45pm, Trinity Church**
- 5:30-6:00 family meal, 6:00-7:45 class**
- Class, childcare and meal for the family included at no cost**
- Registration required**



NO COST TO ATTEND!

Thanks to our generous donors, there is no cost to attend a class. All classes include:

- meals
- childcare
- class and materials



Scan the code to register!
Registration opens Aug. 12

LEARN MORE

www.familiesfirstofpella.org
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