

* Each participant receives a
\$50 Gift Card
at completion of all four classes.



HEY. MOMS. YOU'VE GOT THIS

You give so much for your kids. Join us and get something for yourself. This parenting workshop will enhance your communication strategies, stress and time management skills and over-all self-concept. Learn new skills to make the parenting path a bit easier and that will help teach your kids to experience their best life. Like we said: You've Got This.

In this workshop, you will learn how to:

- Be Heard When You Speak
- Set Boundaries De-Stress
- Discover Your Parenting Style
- Create a Budget
- Be Your Healthiest Self

Four Fridays - 11:00 am - 2:30 pm
CALL FOR NEXT CLASS INFORMATION

Lunch, materials, and \$50 gift card provided*

FREE CHILD CARE AVAILABLE

Arapahoe CentrePoint Plaza – Legacy Room – 14980 E. Alameda Dr. Aurora CO 80012

Call **303-752-8908** to register