

FALL PARENTING WORKSHOPS

by Families First
of Pella
www.familiesfirstofpella.org



Real conversations.
Practical ideas.
No judgment.

REAL TALK FOR PARENTS

Watch. Talk. Share. Ask questions.

We'll watch a few short "Good Inside" videos, share what's working (and what isn't!) and ask the questions you want answers to.

Tuesdays- Lunch Hour

- Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10
- Pella Public Library, 12-1pm (flexible!)
- Subway lunch included
- Childcare at Second Reformed Church (free!)

Questions?
familiesfirst94@gmail.com
641-780-5741

Tuesdays - Evenings

- September 22, October 20, November 10, December 8
- Little Dutch Academy, 5:15-7:45pm (1/2 hour meal; 1 hour class)
- Pizza meal for the family included
- Childcare is free! (toys for the littles; games, craft, and coloring for the bigs)

PIZZA AND PARENTING

Good food. Good ideas. Less stress.

Each week, we'll watch a Love and Logic video, and learn a new technique, or two, that you can try at home.

Thursdays - Evenings

- September 10, October 15, November 12, December 10
- Trinity Church, 5:45-7:15pm (1/2 hour meal; 1 hour class)
- Pizza meal for the family included
- Childcare is free! (nursery care for the littles; games, craft, legos, toys, and coloring for the bigs)

ONLINE!

PARENTING TONIGHT

Learn. Listen. Unwind.

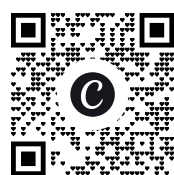
Zoom in from home to watch a "Good Inside" video about a specific parenting topic.

Evenings - 8:00-9:15pm

- September 27- "Sibling Dynamics"
- October 13- "Working Through Whining, Tantrums and Defiance"
- November 3- "Parenting Kids with Anxiety"
- December 8- "Building Resilience and Improving Frustration Tolerance in Children"

Click the button
or scan the code to
save your spot!

[REGISTER](#)



No Cost to Attend!
Thank you, Sponsors!

