



THE MANUAL THE HOSPITAL FORGOT TO GIVE YOU!



Empowering Parents. Transforming Teens.

- ▶ Learn how to never argue with your child again!
- ▶ Prevent or intervene in alcohol or drug use!
- ▶ Improve school attendance and performance!
- ▶ Explore concrete solutions for media issues!

SPRING PARENTING CLASSES BEGIN JANUARY 21!

Classes meet Monday or Wednesday evenings on Zoom at 6:00 p.m. for 10 weeks. FREE for all participants.

For more information or to register, use the QR code or contact Lisa Last, lilaslast@usd379.org or call 785-632-3176.

