



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, lisalast@usd379.org or call 785-632-3176.



Ready to feel empowered?

<https://parentproject.com/>