

FREE CLASSES

# Upcoming Classes



## Love & Logic (Parents/Educators)

Thursdays, January 18 - March 1, 6-8pm

This course gives simple and practical techniques to help parents have less stress and more fun while raising responsible kids. It teaches parents to allow children to grow through their mistakes.

*\*Register by Thursday, January 11*

## Meant to Be

(Couples)

Tuesdays, January 9 - February 20, 6-8pm

This course helps dating, engaged and married couples develop healthy relationships skills, manage stress and strengthen emotional support between partners.

*\*Register by Tuesday, January 2*

Child care and transportation available at no charge.

Incentives are also available to eligible participants.

#RELATIONSHIPSMATTER

## Contact Information

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