

# Make Parenting a Pleasure

For Parents of Children  
Newborn to 8 years

- Discover ways to manage stress.
- Learn about child development.
- Build your toolkit for positive discipline.

**No Cost**



**Lunch and childcare provided!  
And a book too!**

Call or scan  
to register



**Wednesdays**  
**June 17 -**  
**August 19, 2026**

**12pm to**  
**1:30pm**

**541-389-5468**  
Option 2

**In person at**

**FAMILY RESOURCE CENTER**

of Central Oregon

**2500 NE Twin Knolls Drive. Bend, OR**



Katie

I am passionate about giving children, youth, and adults spaces to grow and thrive in their own powerful ways. I love creating spaces where all are seen, heard, understood, accepted, valued, and appreciated

