

STRENGTH-BASED PARENTING NATURALLY STRONG FAMILIES

THE CENTER FOR WELLBEING



STARTS JANUARY 8TH 6:00 PM-7:30 PM
EVERY TUESDAY FOR SIX WEEKS

EILEEN JOHNSON MIDDLE SCHOOL IN LOCKWOOD, MT
COST PER PERSON \$45.00

Parenting can feel overwhelming. As a parent you manage all areas of your child's life with the hope that you can instill lifelong skills for them to feel confident to manage it all on their own someday.

Strength based parenting allows parents to be more effective in instilling confidence by using their own strengths, while modeling and teaching children to use their own strengths.

The importance of children being in tune with their strengths:

- A clear understanding of their strengths and weaknesses
- A belief in themselves, so as not to be easily manipulated or swayed by others.
- The potential to be happy doing what they are good at and what they love to do.
- A confidence in hope and an increase of resilience.

Please visit www.naturallystrongmt.com to register for the class, and for more information.



THE CENTER FOR
WELLBEING
HEAD HEART HANDS