

YOU HAVE THE POWER!

Sponsored By: Clackamas Mental Health Organization



“The Parent Empowerment Program”

Program topics include:

1. Understanding Power in Family Systems
2. Understanding Components of Change
3. Identifying Ways Parents Give Up Power
4. Understanding Parental Guilt and Enabling
5. Identifying Sources of Parent Power
6. Prevention Strategies for Behavior Problems
7. Strategies for Reclaiming Parent Power

Who? All parents interested in learning in a supportive environment.

Where? Eastham Community Center, 1404 7th Street, Oregon City, OR 97045

Cost? FREE CLASS, FREE DINNER, FREE CHILDCARE

When? Monday nights, 10 weeks, 6-8 pm (dinner served at 5:30 pm)

FALL SESSION
September 19 to
November 21, 2011

WINTER SESSION
January 9 to
March 12, 2012

SPRING SESSION
March 26 to
May 28, 2012

Call Karen Bachofner at **(503-953-5329)** or **(503-283-5624)** to register.

Class will be limited to 25 parents.