

NO CLASS WILL BE HELD ON NOVEMBER 20TH.

MAKE PARENTING A PLEASURE!



SEPTEMBER 18TH
TO
DECEMBER 11TH

12 WEDNESDAYS
5:30 - 7:30pm

at the
Yreka Community Center, 201 S. Broadway, Yreka

Facilitated by

Thaen Saelee, Psy.D.

Dr. Saelee has extensive experience in providing therapy, assessments, rehabilitation services, psychological testing and evaluations, and psycho-education to children, adults, and families. Her clinical focus is in trauma, and how it affects individual development and behavior.

Do you have children ages birth to 8 years old?

Are you looking for ways to reduce stress and have an evening to talk with other parents about parenting topics?

In this 12-week evidence-based parenting circle, you will get ideas to support your child's development, deal with discipline challenges, and learn more about communication, self-care, stress, and anger management.

Join other families for dinner, learning, and social connections!
Child care is included every night!

RSVP at 842-1313 for this fun, free, and interactive event!

