

NO CLASS WILL BE HELD ON NOVEMBER 27<sup>TH</sup>.

# MAKE PARENTING A PLEASURE!

SEPTEMBER 18<sup>TH</sup>  
TO  
DECEMBER 11<sup>TH</sup>

**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!**

