

# Stop Yelling 101



No parent likes to admit they sometimes “yell” at their kids to get them to listen. No shame. No blame. We are all in this together. This workshop will help you identify your hot spots and take basic steps to create peace in your parenting life. We hope you will join us!

Wednesday  
**March 6<sup>th</sup>**

2:45 – 5:00pm

No cost to participants.

Register [online](#) for this virtual class  
or call 530.918.7222 and register by phone.

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