

YOU HAVE THE POWER!

West Linn Parks and Recreation
and Tim O'Brien are offering parents:



“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? Any parent interested in learning in a supportive environment

Where? Athey Creek Middle School (Room 04)
2900 SW Borland Rd
West Linn OR 97068

When? Starting January 13th – March 17th. 10 Weeks.
Tuesday Evenings (6:00 pm – 8:00 pm)

Cost: \$199 per person/ \$299 per couple. \$5 additional fee for non-resident registration. Price includes workbook. Space is limited. Call West Linn Parks and Recreation at (503) 557-4700 to register.