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# PARENT POWER

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“Parent Power is a dynamic, consecutive, four-week class that every parent needs to attend!”

Learn how to use your parenting strengths to help your children fulfill their potential.

Learn new and exciting information during each session!

## Class Topics:

Tuesday, March 27<sup>th</sup> - Parenting Under Stress

Tuesday, April 3<sup>rd</sup> - Discover and Build on Your Parenting Style

Tuesday, April 10<sup>th</sup> - Learn Ways to Motivate Your Kids to Excel in School and at Home

Tuesday, April 17<sup>th</sup> - Positive Parenting Techniques

**Time: 5:30 pm -7:00 pm**

Westside Family Resource Center

Located behind campus of Jacksonville Heights Elementary School

7750 South Tempest St. Jacksonville, FL 32244

To RSVP Contact Erica Whitfield at (904) 390-3284 Ext. 5553 or [ewhitfield@familyfoundations.org](mailto:ewhitfield@familyfoundations.org)

