



# Make Parenting A Pleasure

FOR PARENTS OF CHILDREN  
NEWBORN TO 8 YEARS



CHILDCARE, DINNER,  
&  
BOOK INCLUDED!



- DISCOVER WAYS TO MANAGE STRESS.
- LEARN ABOUT CHILD DEVELOPMENT.
- BUILD YOUR TOOLKIT FOR POSITIVE DISCIPLINE.

**MONDAYS**

OCTOBER 27TH TO  
DECEMBER 29TH, 2025  
5:30-7:30PM

**NO COST REGISTRATION**



**FAMILY RESOURCE  
CENTER**

2500 NE Twin Knolls Drive  
Bend, OR

541-389-5468 (option 2)



Anna

Anna has spent more than 20 years supporting families. She combines real-life insight with professional training to guide parents with warmth and care.



**FAMILY RESOURCE CENTER**  
of Central Oregon

