



Change your life!

Rebuilding Your Self and Your Family

A practical guide for daily changes: For parents, couples, or individuals

This is a workshop style, discussion-based class series that teaches parents how to create a system of family discipline that really works. We will be addressing concerns of parents with all abilities and ages of children in this class, as well as those of couples or individuals without children that want to rebuild their lives. Support is available by phone and in person at the Hand In Hand Farm facility. See what we do at www.handinhandfarm.org.

Childcare is provided. Donations or other help are appreciated but not necessary for participation.

Curriculum Overview:

Week 1 : Introduction; Truth	Week 7 : Sustained Performance
Week 2 : Consistency	Week 8 : Self Esteem
Week 3 : Create Simple Rules	Week 9 : Peaceful Environment; Schedule
Week 4 : Create Simple Rules (Continued)	Week 10 : Security
Week 5 : Excuses	Week 11 : The Shell
Week 6 : Talk and Think in a Supportive Manner	Week 12 : Wisdom and Learning

We will not be offering another section of this course until September, so if you or your family is in need of a tune-up now, you'll want to attend this time! It's great if you can call and let us know you plan to attend, but if you want to just show up on April 24th, that's okay!



Tuesday Evenings 6 pm to 7:30 pm
April 24 - July 24 (Approximate end date)
Christ Community Lutheran Church
320 Market St. (Office Entrance)
Call 541-451-1243 for information

