



Harmony is offering FREE Hand in Hand parenting classes this fall for our parent and caregiver community. Our classes are offered by Kristan Klingelhofer who has offered these informative and engaging courses for our community for several years. Below is the invitation from Kristan to her series:

Dear Parents and Caregivers,

When I had 3 young children, I took this 6-week class and it changed everything in our family! I am still grateful. I love sharing these tools with other parents. These classes will be FREE to Salmon Creek parents, teachers, & staff. (A 6-week class is normally \$300 - thank you HUSD!!!).

The 6-week Parenting-by-Connection class will help you:

- Build cooperation
- Handle tantrums & outbursts confidently
- Set limits without threats, bribes, or yelling
- Bring more play and laughter into your home
- Understand and manage aggression
- Ease sibling rivalry
- Create long-term support for yourself

Two options to participate in the learning:

Teleconference:

6 Wednesdays on Zoom

12:00-2:00 pm

September 14 - October 19

In Person

6 Thursdays in person (on campus)

6:00-8:00 pm

September 15 - October 20

Note: this is a 6-week class. Please sign up if you intend to come to all 6 classes (or miss one at the most). It is not a drop-in series. If these dates do not work for you Kristan will likely be offering another series later in the year.

Space is limited. Email kristank@handinhandparenting.org soon to register!

Also, feel free to email me if you have any questions.



Warmly,
Kristan Klingelhofer
kristank@handinhandparenting.org