

# MAKE PARENTING A PLEASURE™

Coming to Conifer and Bailey!



Make Parenting a Pleasure™ is a fun and educational support group for parents of children 0-10 years old.



## Join other parents to learn about:

- × **Strategies for Positive Discipline**
- × **Techniques for Self-Care**
- × **Understanding and Coping with Stress**
- × **Communication and Listening Skills**
- × **Your Child's Development**
- × **Anger Management Techniques**
- × **Addressing Challenging Behaviors**



*\* Childcare available for children under 6*

*\* Registration is ongoing ~ parents can join anytime!*

Contact Lauren Ferguson at **720.323.9219**  
or **lauren@coniferplaytherapy.com**  
for info on dates, times, and locations.



**Make Parenting a Pleasure™** is presented by Conifer Play Therapy, in partnership with Park County Human Services. Cost is \$10 per class; \$13 with childcare. Funding may be available for qualified families. Call to inquire. Space is limited; parents must register in advance. Visit **www.coniferplaytherapy.com** to learn more about our mental health services, including animal-assisted play therapy, family therapy, and one-on-one parenting support.