

Family Impact

— CENTER —

Building **STRONG** Families

Free, Fun and Informative Parenting Classes



Discover your family's **strengths** and learn to **build** on them.
Work with others to face your challenges and **meet your goals**.

When?

Every 1st Tuesday: 12:30-2pm

Every 2nd Tuesday: 6-7:30pm

Where?

MU Family Impact Center

105 East Ash Street, Suite 200

Columbia, MO 65203

Phone: (573)882-2428

Session Topics

February: Setting Goals

March: Family Strengths

April: Managing Stress

May: Positive Discipline

June: Working

July: Communicating

August: Balancing Responsibilities

September: Child Self-Care

October: Kids and Self Esteem

November: Money Matters

Free Childcare and Refreshments



Please circle which sessions you will be attending

February 2: 12:30-2

March 1: 12:30-2

April 5: 12:30-2

May 3: 12:30-2

June 7: 12:30-2

February 9: 6-7:30

March 8: 6-7:30

April 12: 6-7:30

May 10: 6-7:30

June 14: 6-7:30

July 5: 12:30-2

August 2: 12:30-2

September 6: 12:30-2

October 4: 12:30-2

November 1: 12:30-2

July 12: 6-7:30

August 9: 6-7:30

September 13: 6-7:30

October 11: 6-7:30

November 8: 6-7:30

Name: _____ Phone: _____

Address: _____

of adults attending: _____ Childcare needed? (circle): Yes / No # of Children: _____

Names and ages of children: _____

Please return to: 105 E Ash Steet, Suite 200, Columbia, MO or mufamilyimpact@missouri.edu