

**FREE
CLASS**

PARENTING:

**Because kids
don't come with
instructions**




Reduce your stress, increase your confidence and feel more in control as a parent while building a happier, healthier relationship with your children.

- This **free** course for parents will be held weekly for eight weeks.
- A meal will be provided for parents and their children.
- Free childcare will be provided for children under age 12. Limit 10 children.

**Class Begins
Tuesday, April 3
5:30-7 p.m.**

The class will be offered at:
Family Service & Guidance Center
327 S.W. Frazier Ave.



Group size is limited, so please reserve a spot by Friday, March 30. Make your reservation by contacting Dr. Connie Romig at 232.5005 or cromig@fsgctopeka.com.



**FAMILY SERVICE &
GUIDANCE CENTER**

325 S.W. Frazier Ave. • 785.232.5005
FSGCtopeka.com

This **FREE** class is made possible through a grant from Bank of America.