

**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 on eight consecutive Tuesdays.
- Attend in the comfort of your own home.
- Course is offered via Zoom video conference.

**Class Begins
Tuesday, October 19
5:30-7 p.m.**



Group size is limited, so please reserve a spot by 3:30 p.m., Monday, October 18.

Register at
<https://FSGCinstructions.eventbrite.com>

This **FREE** class is made possible through a generous grant from the Family Service & Guidance Center Foundation.



**FAMILY SERVICE &
GUIDANCE CENTER**

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