

## Spring 2017 Parenting Series



Relate is excited to announce our Spring Parenting Series! We invite you to learn alongside other caregivers of young children\* as we discuss information pertaining to child development and brain science that will strengthen and enrich your experience as a parent!

We will focus on a variety of topics including fostering emotional regulation, understanding the importance of executive functioning skills, and developing mindful parenting techniques. Enjoy presentation from our clinicians, time for discussion with other parents, and instruction and materials for developing your own parenting tool kit!

Register early as space is limited. Cost is \$120 for single parent or \$150 for couple.

\*Presentations will focus on parenting preschool, elementary and early middle school aged children.

**Tuesdays - May 9, May 16, May 23, and May 30**

**5:30 – 7:00pm**

**Relate Counseling Center  
5125 County Road 101, Suite 300, Minnetonka, MN 55345  
952-932-7277**

Register online at <http://www.relatemn.org>  
or for questions and more info. email MJ Pearson [mpearson@relatemn.org](mailto:mpearson@relatemn.org)