



Bonita Unified School District—Adult Education

Family Wellness Parenting Program



**Four-week course for only
\$25.00 per family, dinner and
child care provided!**

\$25.00



Who: Parents who want to be inspired by the hope that healthy change and growth is possible for their family. Children who want to have their parents understand the challenges of being young. Everyone can provide a home where they can feel safe, valued and loved.

What: This parenting program will give participants immediate practical coaching skills based on proven principles that strengthen, support and empower families. The class is for the whole family (parents & children) at all ages and stages. Child participation is key to the learning process. *(Childcare is provided for ages 5 and under)*

When: 4-week Class—March 9, 16, 23, 30
(Every Wednesday evening thru March 30, 2011, dinner included)
5:30 pm—8:00 pm (Instruction starts at 6:00)

Where: Lone Hill Middle School MPR
700 South Lone Hill
San Dimas, CA 91773

Register: Bonita USD, Adult Education Office
115 W. Allen Ave
San Dimas, CA 91773

For more information

Family Wellness
Casey Cox, Class Instructor
(909) 731-8300

Registration
Tina Ogas, Registration
(909) 971- 8200 ext 5323



THREE FAMILY PATTERNS

THREE FAMILY SKILLS

