

# The Parenting Journey

Come join us in a unique parenting journey of  
self-discovery.



- ◇ Participate in a twelve-week, self-reflective and nurturing program
- ◇ Reflect back on childhood experiences to gain an understanding of how it may be impacting current parenting and life choices
- ◇ Learn to forgive yourself and others and let go of things that may be getting in the way of reaching goals
- ◇ Set personal and family goals that will decrease stress and increase positive relationships at home
- ◇ Identify parenting as love, nurturing, protection and teaching

**Thursday evenings from 6:00-8:00 pm**



**12-Week Series begins March 10, 2022.**

To register go to: [www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)

Or email: [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)