



# FREE Parenting Classes

The Olympia School District is pleased to offer FREE parent education classes with Candyce Bollinger. Candyce is a mother of four children and a local parent educator. She teaches classes through South Puget Sound Community College and has a private practice.

## Workshop Details:

**Time:** 6:30-8:30 p.m.

**Location:** Olympia Regional Learning Academy, 2400 15<sup>th</sup> Ave SE, Olympia, WA

## Elementary Parent Workshops (K-5)

**Tuesday, Oct. 8 - Managing Your Parental Response** It's important in parenting to be responsive & intentional vs. reactive. Parents will be provided with tools to effectively respond to children's behaviors.

### Wednesday, Nov. 6 – Positive Discipline

This workshop is designed to give parents a map and techniques to facilitate healthy discipline.

**Tuesday, Jan. 21 – Safety Without Fear**  
A workshop designed for parents to help facilitate their children having self skills for personal safety, without increasing anxiety & fear in their children.

### Wednesday, March 4 – Anger

A workshop designed to help parents understand anger, as well as learn tools to manage anger in themselves and their children.

## Middle/High School Parent Workshops (6-12)

**Tuesday, Sep. 24 – Managing Your Parental Response**  
It's important in parenting to be responsive & intentional vs. reactive. Parents will be provided with tools to effectively respond to children's behaviors.

### Tuesday, Oct. 22 – Developmentally Appropriate Expectations

Understanding brain development at any age is crucial for positive communication and relationship with a child. This workshop will give parents and educators information about teen development.

**Wednesday, Jan. 8 – Teen Communication**  
A workshop designed to teach practical skill-building techniques to help create more effective communication between parents and their children, with an emphasis on positive communication.

### Wednesday, Feb. 5 – Effective Communication

This workshop is designed to give parents the basic philosophy of discipline and a toolbox of techniques to work with to support positive teen discipline.

**Tuesday, March 17 – Teen Relationships/LGBTQ**  
A workshop designed for parents in regards on questions and topics around relationships and sexuality.

**ES/MS/HS Parent Workshop: Tuesday, March 31 - Resiliency**

~Workshops are **free** and **no registration is required**. Child care is not provided~