

# We Get It...Parenting is Tough

Mountain Area Pregnancy Services is offering a FREE parenting series to help you be intentional in 2023.

Mondays 10am-11:30am

January 9th-February 20th

The Well Church

1536 Sulphur Springs Rd,  
Waynesville, NC



## Topics include

- 10 best gifts you'll ever give your kids
- Communication skills
- Discipline vs punishment
- Improving your child's confidence
- Anger
- Birth order and what it says about kids and you
- Standing up to technology

Childcare will be provided for children under the age 5.  
Registration is required. Register at  
[www.mtnpregnancy.com/parenting](http://www.mtnpregnancy.com/parenting) or with the QR Code.

