

**Free! Thanks to your One Community donations**

Join Mary Eschen, Parent Educator and Podcaster of [PARENTING DECODED](https://www.buzzsprout.com/883810),

as she helps us work through some new ideas to break the cycles of anger in our homes that are so easily set off by the kids we love so much.

* What happens when we get angry at our kids
* How to create support systems in your house to defuse anger
* How to use Family Meetings to encourage healthy communication
* Q&A

**Date: Tuesday, October 26, 2021**

**Time: 6:00pm-7:30pm**

**Location: Fisher Middle School Library**

**SIGN UP HERE:**

<https://www.signupgenius.com/go/30E0C49A5AE2BAAF94-becoming>

**The Parenting Continuum** isa community alliance empowering parents to nurture the whole child and the whole family; focusing on providing parent education and resources to parents of children in grades K-12. We are a group of volunteer parents who care and who want to bring awareness, support, and resources to support the navigation of our parenting journeys.

**www.parentingcontinuum.org**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Becoming a Calm Parent**

**Tips & Tricks for Parents of Children of All Ages**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Speaker: Mary Eschen**

**Life & Parenting Coach**

**Parent Education Resources and Events**