

Your Journey Together

Building the Resilience of Children and Families

Your Parenting Can Be Easier and More Effective

- **Enjoy** parenting rather than going through the motions
- **Learn** how to regulate emotions with your child
- **Strengthen** self-control and interpersonal skills for school and life
- **Build** your support network
- **Encourage** “bounce back” in the face of adversity (resiliency)



Wednesdays,

**September 16 -
November 4, 2026***

** No class October 21st*

5:00 - 7:00 PM

*Space is limited,
registration required!*

Your Journey Together is a **free** 8-week parenting class for those looking to enhance their parenting experience.

facilitated by Amanda R., Parent Educator. Curriculum created by the Devereux Center for Resilient Children and by Five for Families.



For more information, or to register, please call

Family Support Center **715.723.1138**

www.familysupportcentercf.org

