



STRESS-FREE PARENTING IN 12 STEPS

A BOOK BY **CHRISTIANE KUTIK**

MODERATED BY **RUTH OLSON**

Join Mrs. Olson and other parents for a casual opportunity to come together, connect and share parenting experiences. We will study Christiane Kutik's book as a platform to further explore this concise, practical twelve step programme to help bring peace, composure, and enjoyment into everyday family life.

As we come together we will create space to share our own parenting experiences with opportunities to ask questions and be supported in our unique, yet shared journeys.

**FRIDAYS,
BEGINNING NOVEMBER 5
9:30 - 10:30 AM EST
MEET AT THE THREE BEARS**