



# **DARE TO BE YOU!**

**A family-strengthening program for parents and children. We target positive parenting self-esteem in parents and children, effective discipline methods and more; all with the goal of building an overall happier family!**

**A unique opportunity for parents and children!  
We know parenting isn't easy. We can help!  
A \$50 gift card to all that attend and participate.  
No need for a sitter, children 3 years and older attend their own specialized class.**

**Place: Kenmore Club  
632 Kenmore Avenue  
Fredericksburg, Va. 22401  
Date: June 6 to June 29, 2017  
Tuesday and Thursday Nights  
Dinner is served at 5:30 pm  
Class: 6:00-7:30 pm**

---

**Please contact Jennifer Bateman at 540-374-3337 x. 100 or  
[jbateman@rappahannockareacsb.org](mailto:jbateman@rappahannockareacsb.org)**

**Please give age of children attending and the number of adults attending.**

**Please inform of any special needs or food limitations.**