

PARENT EMPOWER HOUR

GIVE YOURSELF A BREAK!

**Thursday, February 22nd 5-6pm
Ponderosa Elementary School Library**

ALL WELCOME!

THIS MONTH AT POWER HOUR...

Healthy Boundaries

How to peacefully set clear limits with your kids

- **MEET OTHER PARENTS**
- **CONNECT WITH RESOURCES**
 - **LEARN NEW SKILLS**
- **FREE SNACKS AND DRINKS**
- **PRIZE GIVEAWAY FOR EACH SCHOOL!**

