

Are you looking for support and connection in tackling everyday parenting challenges?

Join us for these new Mercer Island parent groups!



PARENTING MERCER ISLAND PARENT LAB

Learn new skills, connect with other parents, and receive support from MIYFS staff!

Workshop topics include:

- Stress and Anxiety
- Connecting and Communicating with your Child/Teen
- Guidance and Discipline for Skill Building
- Everyday Parenting Challenges (routines, chores, homework)
- Important Conversations with your Adolescent/Teen

Interactive parent workshops tailored to specific grade levels (elementary, middle, high school) - Starting January 2025



Visit www.MIHealthyYouth.com for dates, times and registration



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

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Best Starts for
KIDS