

Parent Night Out

Down and Dirty Tips and Tricks for Not Losing Your Cool

Presented by Maureen Campion

Friday, April 24, 2020 • 6:00-9:00 p.m.

Free event for adults • Childcare will not be provided
Black Hawk Middle School • 1540 Deerwood Drive, Eagan



Do you get frustrated with yourself when you lose it with the kids? Do you have visions of being serene and calm but instead end up grumpy or frustrated every day? Do you feel your kids don't listen to you until you yell? Does your partner keep giving you 'the look' because you overreacted? Many of us are committed to positive parenting in theory but find the practice of it is more challenging than we imagined. Join us for an evening of learning to navigate the roller coaster ride of raising children. We guarantee you will come away with parenting gems and a fresh perspective. Arrive at 6:00 p.m. to meet Maureen, enjoy refreshments from PLate on Main, shop local vendors and participate in a silent auction. Donations accepted: All proceeds will support the Foundation for ECFS.

**For more information, visit
www.district196.org/ecfe or call 952-388-1953**

*Sponsored by the ECFS Advisory Council.
Proceeds benefit the Foundation for ECFS.*