



FREE Parenting Workshops



TOPIC: Taming Temper Tantrums

We've all experienced it—the unstoppable temper tantrum.

And when your child is in the middle of a tantrum, it can be tough to keep yourself from having your own meltdown, too. Understanding tantrums is the first step to managing and reducing them.

In this workshop, you'll learn about different types of tantrums, why they happen, and when kids are most likely to have them. We'll also discuss a variety of ways to respond when your child is throwing a tantrum and ways to prevent (or at least minimize) them.

Please register in advance at encompassnw.org. *Childcare is available, provided by the YMCA (\$5 at Sammamish, \$8 at Snoqualmie Valley; free with a family membership). No preregistration required for childcare!*

Questions? Please contact Sandra "Sam" Sinanan at **425.888.2777 ext. 1226** or sandra.sinanan@encompassnw.org.

**Tuesday, Apr. 3
6:30 pm**

Snoqualmie Valley YMCA
35018 SE Ridge St.
Snoqualmie, WA 98065

**Thursday, Apr. 19
6:30 pm**

Sammamish Community YMCA
831 228th Ave. SE
Sammamish, WA 98075

Early Learning Center
1407 Boalch Ave. NW
North Bend, WA 98045
425.888.2777

Pediatric Therapy Clinic
209 Main Ave. S, Ste. 111
North Bend, WA 98045
425.888.3347

Carnation Preschool
4950 Tolt Ave.
Carnation, WA 98014
425.844.4548

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