

Family Enrichment Programs

February 2018

For Parents and Caregivers

Parenting Workshops

Topic: Strengthening Your Child's Executive Functioning Skills

Executive Functioning skills are the mental skills that help us get things done—like self-control, remembering rules, and adapting when the plan changes. In this workshop, you will gain insight into the importance of these skills and how to strengthen them in your child. **Cost: FREE**

Contact Sandra "Sam" Sinanan for more information or to sign up: 425.888.2777 ext. 1226 or sandra.sinanan@encompassnw.org.

Thursday, Feb. 8 6:30-8:00 pm	Tuesday, Feb. 13 6:30-8:00 pm
Carnation Library 4804 Tolt Ave. Carnation, WA 98014	Duvall Library 15508 Main St. NE Duvall, WA 98019



Parent Talks

Topic: Temper Tantrums

Parent Talks are informal sessions where caregivers can drop in to chat about parenting and raising young children. Each month, the facilitator will have tips and information on a different topic. Stop by to learn, share, and get to know fellow parents who are going through the same things as you and your family. **Cost: FREE**

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Thursday, Feb. 8 10:00-11:30 am	Tuesday, Feb. 13, 10:00-11:30 am	Wednesday, Feb. 14 10:00-11:30 am
North Bend Library 115 East 4th St. North Bend, WA 98045	Fall City Library 33415 SE 42nd Pl. Fall City, WA 98024	Snoqualmie Library 7824 Center Blvd. SE Snoqualmie, WA 98065

Thursday, Feb. 15 10:00-11:00 am	Wednesday, Feb. 28 10:00-11:00 am
Duvall Library 15508 Main St. NE Duvall, WA 98019	Carnation Library 4804 Tolt Ave. Carnation, WA 98014



Parents' Night Out

Enjoy a night off while your children ages 2-10 do crafts, make friends, and enjoy a meal in the care of our trained staff. **Cost: \$20 per child**

Contact Julie Forslin for more information: 425.888.2777 ext. 1210 or julie.forslin@encompassnw.org.

**Saturday, Feb. 10
4:00-8:00 pm**
Encompass Early Learning Center
1407 Boalch Ave. NW
North Bend, WA 98045

Register for programs online at
encompass.campmanagement.com/enroll

Support Groups



Connections offers resources, information, and social support for families with children in pediatric therapy services. Potential discussion topics include self-care, nurturing your relationship as a couple, and talking with others about your child. Free childcare available; please RSVP to attend and for childcare. **Cost: FREE**

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Thursday, Feb. 1 10:00-11:30 am	Tuesday, Feb. 27 9:30-11:00 am
Carnation Elementary 4950 Tolt Ave. Carnation, WA 98014	Cascade Covenant Church 13225 436th Ave. SE North Bend, WA 98045

Kinship Connection Support Group

Are you caring for a child or grandchild of a relative or friend? Are you a foster parent? Join us! You'll get to meet other parents like you and share your stories. Free childcare available; please RSVP for childcare. **Cost: FREE, \$5 for lunch (available at noon)**

Contact Laura Lewis for more information or to sign up: 425.888.3347 ext. 3407 or laura.lewis@encompassnw.org.

Tuesday, Feb. 27 10:30 am-12:00 pm
Sno-Valley Senior Center 4610 Stephens Ave. Carnation, WA 98014



Sibshops offers peer support, guidance, and information to typically-developing siblings of kids with special needs in a lively, recreational setting. Sibshops offers a variety of fun activities and great opportunities to celebrate their contributions and talk with peers who "get it." Open to children in K-5th grade. **Cost: \$20 per child**

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Friday, Feb. 2 3:00-6:00 pm	Friday, Feb. 9 3:30-6:30 pm	Wednesday, Feb. 14 2:30-5:30 pm
Cascade Covenant Church 13225 436th Ave. SE North Bend, WA 98045	Cherry Valley Elementary 26701 NE Cherry Valley Rd. Duvall, WA 98019	Sammamish Community YMCA 831 228th Ave. SE Sammamish, WA 98075



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Family Enrichment Program Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

Location Abbreviations: **C** = Carnation **D** = Duvall **FC** = Fall City **NB** = North Bend **Sam** = Sammamish **Sno** = Snoqualmie

See reverse for complete event details, including locations and topics.

Encompass • 1407 Boalch Ave. NW • North Bend, WA 98045 425.888.2777 • info@encompassnw.org • encompassnw.org

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