

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

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

Thursday, Feb. 8 10:00-11:30 am North Bend Library 115 East 4th St. North Bend, WA 98045	Tuesday, Feb. 13 10:00-11:30 am Fall City Library 33415 SE 42nd Pl. Fall City, WA 98024	Wednesday, Feb. 14 10:00-11:30 am Snoqualmie Library 7824 Center Blvd. SE Snoqualmie, WA 98065
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Thursday, Feb. 15 10:00-11:00 am Duvall Library 15508 Main St. NE Duvall, WA 98019	Wednesday, Feb. 28 10:00-11:00 am Carnation Library 4804 Tolt Ave. Carnation, WA 98014
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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

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**

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

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

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

Friday, Feb. 2 3:00-6:00 pm Cascade Covenant Church 13225 436th Ave. SE North Bend, WA 98045	Friday, Feb. 9 3:30-6:30 pm Cherry Valley Elementary 26701 NE Cherry Valley Rd. Duvall, WA 98019	Wednesday, Feb. 14 2:30-5:30 pm Sammamish Community YMCA 831 228th Ave. SE Sammamish, WA 98075
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February 2018

Family Enrichment Program Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Connections (C) 10:00-11:30 am	2 Sibshops (NB) 3:00-6:00 pm	3
4	5	6	7	8 Parent Talks (NB) 10:00-11:30 am	9	10
11	12	13 Parent Talks (FC) 10:00-11:30 am	14 Parent Talks (Sno) 10:00-11:30 am	15 Parenting Workshop (C) 6:30-8:00 pm	16 Sibshops (D) 3:30-6:30 pm	17 Parents' Night Out 4:00-8:00 pm
18	19	20 Parenting Workshop (D) 6:30-8:00 pm	21 Sibshops (Sam) 2:30-5:30 pm	22	23	24
25	26	27 Connections (NB) 9:30-11:00 am Kinship Connection 10:30 am-12:00 pm	28 Parent Talks (C) 10:00-11:00 am	1	2	3

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

MIDWINTER BREAK - NO SCHOOL

Location Abbreviations: C = Camation D = Duvall FC = Fall City NB = North Bend Sam = Sammamish Sno = Snoqualmie
See reverse for complete event details, including locations and topics.