

# Parenting On Your Own

*A Session for Single Parents*

## *WHERE*

Washtenaw County  
**Michigan State University Extension**  
Hope Center  
518 Harriet Street  
Ypsilanti, MI 48197

## *WHEN*

Every Thursday

## *TIME*

10:30 am – 11:30 am

## *COST*

**FREE**

## *DETAILS*

- Feeling Good About Yourself
- Turning Lonely Into Alone
- Friendship & Support
- Managing Stress
- Communication
- Parenting Teenagers
- Discipline
- Providing Care For Your Child
- Building Self Esteem
- Helping Kids Learn
- When There's Not Enough Time
- Communication

Participants will receive a certificate of completion if they attend six of the classes.

For more information feel free to call Terry Jones at 222-3943

**MICHIGAN STATE**  
**UNIVERSITY**

Extension

