



MU Family Impact Center Presents:

BUILDING STRONG FAMILIES 2019

CLASSES RUN FROM JANUARY TO
JULY & TAKE PLACE EVERY
1ST TUESDAY &
3RD WEDNESDAY FROM 6PM-
7:30 PM. AS ALWAYS, CHILDCARE
AND DINNER ARE PROVIDED!

We are located at 105 E. Ash St, Columbia, MO, 65203
573-882-2428

Mufamilyimpact@missouri.edu

Interested? Visit our
website at

www.mufamilyimpact.org to
sign up for specific dates!

Link: <https://tinyurl.com/Building-Strong-Families>

- We have worked hard on updating our already awesome & free signature parenting class!
- Updates & Improvements Include:
- New Research & Updated Curriculum
- New Instructors
- New Food Donors!
- Updated Childcare Plan

• CLASS DATES & THEMES

- JANUARY 8TH-FAMILY STRENGTHS
- JANUARY 23RD-COMMUNICATION
- FEBRUARY 5TH-MANAGING STRESS
- FEBRUARY 20TH-CHILD SELF-CARE
- MARCH 5TH-FOOD & FITNESS
- MARCH 20TH-WORKING
- APRIL 9TH-SETTING GOALS
- APRIL 24TH-POSITIVE DISCIPLINE
- MAY 7TH-MONEY MATTERS
- MAY 22ND-BALANCING RESPONSIBILITIES
- JUNE 4TH-CONSUMER BEWARE
- JUNE 19TH-HEALTHY HOME
- JULY 2ND-KIDS & SELF-ESTEEM
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Family Impact
— CENTER —

Promoting Lifelong Education