



FOCUS

The Parenting Edition

Mondays Nov 19-Dec 10 5:30-8pm

550 Buck Mtn Rd Earlysville, VA 22936

FREE dinner, programing or childcare provided for all ages

Wildrock, Zorn Vongal and Anne from FlyDog Yoga are teaming up with Living Free to offer new experiences focused on developing parenting strategies for learning and growing with your child and teen!

Parents will experience nature based learning, conflict resolution or mindfulness training with their children before debriefing the experience with Carolyn Schuyler or attending a secondary class.

In addition: Marriage Enrichment-Leadership Workshop-Counseling Support & MORE! Don't miss this!

For all veterans, active duty personnel & their families. Service members do not have to attend for families to qualify.

Space is Limited—RSVP:Livingfree2gether.org or call 804.218.5505