

# Sumner Family Center

“Linking Families and Resources Together”



**FREE!**

1503 Valley Avenue, Sumner, WA

## Fall 2009 Classes

DATE / TIME	CLASS	ADDITIONAL INFORMATION
Thursdays 1:30-3:30 pm  October 15 November 19	Immunizations	Please bring immunization record with you.
Tuesdays 10:00-11:30 am  October 6, 13, 20, 27	EFNEP WSU Expanded Food & Nutrition Education Program	Topics include: Stretching food dollars Menu Planning Portions for a Healthy Body
Thursdays 6:30-8:00 pm  October 8 November 12	Parent Topic Night  * Gearing up for School * Miracles Happen!	A different topic discussed each month  ADHD/ADD support group Childcare not provided
Wednesdays 10:00-12:00 pm  Starting October 8	Sewing	WSU Extension Childcare not provided Follow SSD calendar
Thursdays 6:30-8:00 pm  October 8, 15, 22, 29 November 5	Love & Logic  *Rules of Love & Logic *Delay consequences and more!	Targeted for parents of children K-5 grade  Childcare provided

**To register or to get more information,  
please call (253) 891-6535**