



NSC Parent Education Program & Parent Advisory Council are excited to announce our winter lecture:

Sponsored by:

**Victory Heights
Cooperative Preschool**



**The Gottman Institute
all that dance**



"RELATIONSHIP BALANCING ACT: ME, WE, FAMILY & COVID"

JONI PARTHEMER, M. ED, ICCE, IAT, CGE

Thursday, February 25, 2021

7 - 8:30 pm

This free, virtual event is open to the public

Register to attend at northseattlecoops.org/covid-relationships

LEARN TO:

- **Identify reasons why relationships may be stressed**
- **Understand 3 points needed to keep relationships strong**
- **Use conflict regulation skills and strategies**
- **Access and practice relationship-enhancing exercises**

**FREE!
REGISTER TO
ATTEND**



Relationship Recalibrations & Adjustments

DONATE

This event is free and open to everyone. For families who are able, please consider **donating to our Co-op COVID Relief Fund/Scholarship Fund** so that our co-ops can offer quality programs and support to families during this time of crisis. Please visit northseattlecoops.org and click the "Donate" button.

Questions? Visit northseattlecoops.org/covid-relationships or email kristina.weidert@seattlecolleges.edu