

# EXCHANGE CLUB CENTER FOR FAMILY UNITY



## PARENT MENTORING

### LEARNING LIFELONG SKILLS PARENTING FROM A PARENT MENTOR

Our Parent Mentors will come to your home and assist you to set goals, determine needs and help you to be the best parent you can be. This involves teaching parenting skills and positive discipline techniques as well as addressing anger and stress management concerns, healthy relationships and financial roadblocks.

We provide support and education to help build a stronger family relationship.



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CENTER *for*  
FAMILY UNITY



1820 Hartle Ave  
Owatonna, MN 55060

(507) 455-1190

[centerforfamilyunitymn.org](http://centerforfamilyunitymn.org)



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## HOW WE CAN HELP

Co-Parenting  
Parenting 101  
Relationships 101  
Communication Skills  
Stress Management  
Positive Parenting Skills  
Domestic Violence  
Anger Management  
Positive Discipline  
Parental Alienation  
Rebuilding Bonds with Children

Connect parents to educational and  
community resources.



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