

ANNOUNCING  
**LIFE CHANGING**  
PARENT & RELATIONSHIP CLASSES  
OFFERED THIS SPRING  
THROUGH  
FOLSOM CORDOVA ADULT EDUCATION:

**ENHANCING INTIMATE RELATIONSHIPS: A JOURNEY OF SELF-DISCOVERY: Chart the patterns in your relationships, both past and present, to put yourself on the path to happiness.**

Wednesdays, 6:00 to 9:00 pm; 4/22 – 6/24/09

\$50 registration; \$14 materials fee

**FAMILY SURVIVAL 101: Connect with other parents/caregivers who also struggle to modify child behavior and learn how to handle school and mental health issues; class goal is to create family cooperatives.**

Mondays, 6:30 to 8:30 p.m., 5/4 – 6/15/09 (no class on Memorial Day)

\$35 registration; \$10 materials fee

**PARENT PROJECT: If your adolescent is strong-willed or out-of-control, this is the class for you! Learn specific ways to handle extreme and destructive behaviors.**

Thursdays, 6:00 to 9:00 p.m.; 4/16 – 6/4/09

\$75 registration fee

All classes are offered at the Community Education Center (CEC) of the District, at 10850 Gadsten Way, Rancho Cordova. For more information call FCUSD Adult Education at (916) 635-6810, or register on-line at [www.fcusd.org/adulted](http://www.fcusd.org/adulted).

**REGISTER TODAY TO BEGIN YOUR JOURNEY OF  
DISCOVERY AND SUCCESS!**