

**F
R
E
E**



"The ABC's of Parenting"

A Nurturing Parenting series for families with children ages 3-8

This class is offered in English

Give your parenting skills a boost and connect with other families in your community!

**Includes FREE dinner & childcare (ages 2-4)
Classes for parents & for 5-8 year olds**

**Meets Tuesdays 6- 8:00 PM
October 2–November 13**

**LOCATION
NWE5D-Beaverton Early Childhood Center
9560 Nimbus Ave
Beaverton OR 97008**

Throughout this FREE 7-week series you will strengthen your family by learning and using the following:

- Age appropriate and developmentally appropriate expectations and rules
- Tools to build personal well-being and self-worth in yourself and your children.
- Strategies for effective problem-solving
- Ways to establish discipline through family values, rules and rewards and consequences
- Techniques for effective stress and anger management

To sign up contact Vicki Ball at:

503-640-4222 x 713

or

vball@youthcontact.org

Presented in partnership with:



NW Regional ESD-Beaverton Early Childhood Center



Washington County Department of Health and Human Services