



Virginia Garcia Memorial
HEALTH CENTER

Active Parenting: The First Five Years

Fridays in November:

2nd, 9th, 16th, & 30th

11:00am - 1:00pm

Virginia Garcia Beaverton

Wellness Center

Room 139B

2725 SW Cedar Hills Blvd, Suite 200

Beaverton, OR 97005

To register or for more info,
please contact Veronica Garcia:

(503) 359-8513

vgarcia2@vgmhc.org

It's FREE come join us!

REGISTER TODAY!

Parents with Initiative invites parents to come and learn about different styles of parenting, positive discipline, school readiness and parental self-care.

SESSION TOPICS:

Nov. 2nd: Focus on styles of parenting, ages and stages of development and building the bond with your child.

Nov. 9th: Your child's beautiful brain, freedom with limits and "The A.C.T" of parenting.

Nov. 16th: Choices and consequences, mindful moments: loving and kindness, and the power of encouragement.

Nov. 30th: Six smart things parents can do to help their child get ready for school