



Virginia Garcia Memorial
HEALTH CENTER

Active Parenting: First Five Years

Wednesdays in August:

7th, 14th, 21st, & 28th

3:00pm - 5:00pm

Young Parents Dreamers
and Achievers

427 SE 8th Ave Hillsboro
OR, 97123

*Child Care Available

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

(503) 359-8513

vgarcia2@vgmhc.org

It's FREE come join us!

REGISTER TODAY!

SESSION TOPICS:

Aug. 7th: Focus on styles of parenting, ages and stages of development and building the bond with your child.

Aug. 14th: Your child's beautiful brain, freedom with limits and "The A.C.T" of parenting.

Aug. 21st: Choices and consequences, mindful moments: loving and kindness, and the power of encouragement.

Aug. 28th: Six smart things parents can do to help their child get ready for school