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## “Nurturing Hope”

A *Nurturing Parenting* series offered in English 'UbX' GdUb]g\ for parents and their children with special needs and health challenges, ages \* -%0.

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

**Includes FREE dinner & child care (ages 2-5).  
Classes for parents & for children ages 6-10 years**

**Throughout this FREE 12-week series you will strengthen your family by learning the following:**

- How to create nurturing routines for your child
- Ways to establish supportive discipline that addresses special needs and health challenges
- Strategies for effective problem-solving and stress management
- Approaches to support your child through their healthcare experience
- Techniques for effective stress and anger management
- And many other topics/strategies of interest to parents!

**Meets Wednesdays  
6:00 pm - 8:00 pm  
September 25- December 19  
No Class November 27**

**LOCATION  
Tuality Health Education  
Center 334 SE 8th Ave,  
Building C Hillsboro, OR 97123**

Presented in collaboration:

**To sign up contact Vicki Ball  
503-640-4222 x 713 or email  
vball@youthcontact.org**



**TualityHealthAlliance**  
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