

"The ABCs of Parenting"

A FREE online Nurturing Parenting series for families with children ages 2-8.



Wednesdays 4/7 - 5/19/21
6:30-7:30pm

Join our online community to explore these topics:

- Understanding developmentally appropriate expectations
- Tools to build well-being and self-worth in yourself and your children
- Strategies for helping children manage their behavior and understand their emotions
- Ways to establish family values, expectations, and routines that support positive and nurturing relationships
- Techniques for effective stress and behavioral management
- Methods for successful problem solving and compromise

Come laugh and learn on Wednesday evenings from 6:30-7:30 using Zoom. Dates for this 7-week series are 4/7 -5/19/21. Offered in English and Spanish.

To sign up contact Vicki Ball at:

vball@youthcontact.org

503-640-4222

Or register on-line at:

<https://youthcontact.org/classes/>

Presented in collaboration:

