

NURTURING HOPE

2/22-5/17/21



A free Nurturing Parenting series offered online in English and Spanish for parents and their children with special needs or health challenges, **ages Birth-10**. We invite you to join our online community, focusing on parenting strategies and child-centered activities to support you and your child.

SOME OF THE TOPICS WE WILL EXPLORE:

- How to create nurturing routines for your child.
- Ways to establish supportive discipline that address special needs and health challenges.
- Strategies for effective problem-solving and stress management.
- Techniques for supporting children's development and social/emotional growth.
- And many other parenting strategies/techniques of interest to participants.

DETAILS

When: Classes meet once a week on Mondays from 6:30-8:00pm for 12 weeks beginning February 22 and ending May 17. (No meeting the week of schools' Spring Break.)

How: We will meet online using Zoom, which is accessible with a computer, tablet, or phone.

Extras: Gift cards for those families attending 10/12 classes! Children's activity and resource calendar provided via email. Optional weekly phone check-in with facilitators leading the program.

TO SIGN UP CONTACT
VICKI BALL @ 503-640-4222
VBALL@YOUTHCONTACT.ORG
OR REGISTER ONLINE AT
<https://youthcontact.org/classes/>

Presented in collaboration:

