



PARENTING CLASSES

Join our parent groups where we will offer two different workshops:

NURTURING PARENTING FOR ADOLESCENTS

In Spanish
For parents with adolescents
Mondays: **virtual** mode
5:00 pm – 7:00 pm



Nurturing Parenting®
Established 1983



**Abriendo Puertas
Opening Doors**

OPENING DOORS

In Spanish
For parents with young children

Tuesdays: **in person**
Adelante Mujeres Building
11:30 am – 1:30 pm
Tuesdays: **virtual** mode
5:00 pm – 7:00 pm

Start 10/4/21
End 12/13/21

Register here:



or in the link:

<https://bit.ly/3EeQwca>

Start 9/28/21
End 11/30/21

Some topics to talk about:

- Adolescence
- Positive behaviors & praise
- How to take care of ourselves

Some topics to talk about:

- I am my child's first teacher, my home his first school
- My child grows
- Our health comes first