

# Nurturing Hope

## 2/8-5/3/22



A **free Nurturing Parenting series offered online in English** for parents of 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 TOPICS WE WILL EXPLORE

- How to create nurturing routines for your child.
- Ways to establish supportive discipline that address children's 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 Tuesdays from 6:30-8:00 pm** for 12 weeks beginning February 8 and ending May 3 (No meeting the week of 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 Optional weekly phone check-in with facilitators leading the program.

### To Register:

**Online:** Scan the QR code

**Phone:** Contact Vicki  
503-893-5436



### Presented by:



Questions may also be directed via email to:  
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