



STARTING MAY 26, 2023 MAKE PARENTING A PLEASURE

A 12-week virtual class for caregivers of children 0-8 years who live in Oregon

This class will help you to:

- Align your parenting with your values and goals
- Learn about self-care and managing stress
- Gain a better understanding of your children and how to support their unique needs
- Structure and prioritize family needs with rules and routines
- Use responsive communication to strengthen your bond with your child
- Learn how to use discipline as teaching and build your toolbox of effective discipline strategies

Class includes regular individual consultation for each family



Free Virtual Class!
For caregivers of
children ages 0-8
in Oregon

12-Week Zoom Class
May 26-August 18
Fridays
10:00am-12:00pm
No Class-June 23

Registration is
required! [Click here](#)
to begin enrollment
or scan the QR
code below



CONTACT STEPHANIE
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WITH QUESTIONS

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