



**START ON SEPTEMBER 20,
2023**



"NURTURING PARENTING"

Series facilitated in Ukrainian and Russian based on registered participant language preference.

**FREE COMMUNITY CLASSES
WELCOME FAMILIES WITH CHILDREN
AGES 5-11 YEARS OLD.**

TOPICS OF MASTER CLASSES

- **Positive Discipline:** Helping your child make good choices and follow family rules.
- **How should we praise our children?** Exploring effective methods of praise.
- **Punishment Issues:** Understanding and addressing common challenges with discipline.
- **Stress and Discipline:** Strategies for avoiding potential issues when disciplining children.

**12 weeks in-person classes
6:00 - 8:00 pm weekly**

**13405 SW Hall Blvd. Tigard, OR
97223**

**Babysitting option is available,
snacks and tea treatments
included**



 <https://resourcesguide.org>

 **360-261-26-29**

COMMUNITY PULSE ASSOCIATION

