

# ABC'S OF PARENTING SERIES

Free classes focused on building school success for parents and caregivers of children 2-8 years old.

**JOIN US FOR A 7 SESSION PARENTING CLASS ON ZOOM, TUESDAYS 12:00-1:30PM JANUARY 23-MARCH 5**

## TOGETHER WE WILL..

- Learn about how to support your child's continued development.
- Share tools to build family comfort and confidence.
- Provide tips to manage behavior and understand emotions.
- Exchange ideas for creating routines, family rules, and values.
- Identify ways to cope with personal or family stress.
- Share tools for problem solving and compromise.
- Build community and connection while you prepare your child for school success.

## DETAILS:

- Tuesdays 12:00-1:30 pm.
- We will meet online on Zoom, through a computer, tablet, or phone.
- Gift cards for families that attend 6 or more classes

## LEARN MORE:

Scan the QR code or  
Call or email Kenna:  
503-610-0906  
kenna\_gamboa@washingtoncountyor.gov



Presented by:

