

**NEW DATE!**

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# **NURTURING HOPE SERIES**

Free class series for parents and caregivers of children with special needs and/or health challenges

**Join us for a 12 session parenting class on Zoom,  
Tuesdays March 19th-June 4th.**

## **TOGETHER WE WILL..**

- Create routines for your child.
- Explore positive discipline that fits your child's needs.
- Learn tips for managing stress.
- Address challenges.
- Discuss ways to support children's growth.
- Build community and connections.
- And share many other parenting topics of interest to families.

## **DETAILS:**

- Tuesdays, 6:30-8:00 pm
- We will meet online over Zoom, through a computer, tablet, or phone.
- Gift cards for those families that attend 10-12 classes.



## **LEARN MORE:**

Scan the QR code

Call or email Kenna:

503-610-0906

[kenna\\_gamboa@washingtoncountyor.gov](mailto:kenna_gamboa@washingtoncountyor.gov)



Presented by:

