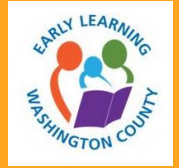




Help Me Grow  
Oregon



Presents a

# Free Parenting Program

**Virtual Positive Parenting Courses**

**AND**

**In-Person Developmental Playgroups**

**\*Families living in Washington County\***

**8 week sessions on Tuesdays and Thursdays starting April 2nd, 2024**

**Parents and Children 0-6 years old**

## Participants will receive:

- ✓ Gas Reimbursement
- ✓ Free childcare for older siblings during Playgroups
- ✓ Free family dinner at playgroups
- ✓ Free children's learning materials to take home to practice skills
- ✓ \$10 incentive for completing ASQ screenings

**All parenting courses and playgroups are FREE**

**Register now for both below, just scan the QR code!**



For more information:



[www.helpmegroworegon.org](http://www.helpmegroworegon.org)



+1 971-358-1909



[HelpMeGrow@providence.org](mailto:HelpMeGrow@providence.org)

\*Certificate of participation included.