

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,
Wednesdays March 5-May 28**

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:

- Wednesdays, 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 or
call or email Kenna:
503-610-0906



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Interested in this class in Spanish? Email
alba_sullivan@washingtoncountyor.gov

Presented by:

