



STARTING JANUARY 29, 2025 MAKE PARENTING A PLEASURE

A 12-week virtual class for caregivers of children 0-8 years who live in Washington County, Oregon

This class will help you to:

- Align your parenting with your values and goals
- Learn about self-care and managing stress
- Gain a better understanding of your children and how to support their unique needs
- Structure and prioritize family needs with rules and routines
- Use responsive communication to strengthen your bond with your child
- Learn how to use discipline as teaching and build your toolbox of effective discipline strategies

Class includes regular individual consultation for each family



Free Virtual Class! For caregivers of children ages 0-8 in Washington County, Oregon

12-Week Zoom Class
January 29-April 16
Wednesdays
10:00am-12:00pm

Registration is required!
Follow this link
<https://forms.office.com/r/BFSQPYdkek>
to begin enrollment or scan the QR code below



CONTACT STEPHANIE
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WITH QUESTIONS

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