

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 January 27- April 21**

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:

Call or email Kenna:

503-610-0906

kenna_gamboa@washingtoncountyor.gov

Interested in this class in Spanish? Email

alba_sullivan@washingtoncountyor.gov



Presented by:

