



Join us for a **FREE** parenting program!

“Discipline Basics”

Using routines and rules to reinforce age-appropriate expectations

A Nurturing Parenting Workshop for parents with children ages 4 and up

Facilitated by: Jennifer Alexander

Nurturing Parenting Group Leader

Give your parenting skills a boost and connect with other parents in your community!

In this workshop you will learn:

- How to create nurturing routines that provide quality time with your children.
- How our morals and values shape the way we form family rules and routines.
- How to establish family rules that set consequences for misbehavior.
- How to cope with day-to-day power struggles.
- How to guide behavior using positive behavior management techniques.
- How to effectively manage stress and anger.

WEDNESDAY

November 9, 2016

6:00 PM – 8:00 PM

Location

Tuality Health Education Center

334 SE 8th Ave | Hillsboro, OR 97123

This workshop is offered in English.

FREE childcare is provided for children, ages 2 and up.

FREE dinner is also offered.

Presented by:

To sign-up, please contact:

Youth Contact Family Education

Claudia Adler

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**Tuality
Healthcare**



**OREGON
PARENTING
EDUCATION
COLLABORATIVE**