



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

“The ABCs of Parenting”

A *Nurturing Parenting* series for parents and children, ages 5-8.

Facilitated by: Sarah Cordua
Nurturing Parenting Group Leader

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

Throughout this 7-week series, you will learn:

- Tips for setting age-appropriate expectations.
- Strategies for effective problem-solving.
- Ways to establish discipline through family rules, rewards, and alternatives to spanking/yelling.
- Tips for helping children to manage their own behavior.
- Tools to build personal power and self-worth in yourself and your children.
- Strategies for effective stress and anger management.

TUESDAYS

January 10, 2017 – February 28, 2017

(no class January 17, 2017)

6:00 PM – 8:00 PM

Class meets once a week for 7 weeks.

Location

Metzger Elementary School

10350 SW Lincoln Street | Tigard, OR 97223

This series is offered in English.

Separate classes are offered for parents and children, ages 5-8.

FREE childcare is provided for children, ages 2-4.

(Classes and childcare run at the same time each night.)

Presented by:

To sign-up, please contact:

Claudia Adler, Program Coordinator
(503) 846-0665 | cadler@youthcontact.org



in partnership with
Washington County
Health and Human Services