



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

## “The ABCs of Parenting”

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

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.

### THURSDAYS

January 12, 2017 – February 23, 2017

6:00 PM – 8:00 PM

Class meets once a week for 7 weeks.

### Location

Tuality Health Education Center

334 SE 8<sup>th</sup> Ave | Hillsboro, OR 97123

This series is offered in English.

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

**FREE DINNER!**

**FREE CHILDCARE** is provided for children, ages 2-4.

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

To sign-up, please contact:

*Claudia Adler, Program Coordinator*  
(503) 846-0665 | [cadler@youthcontact.org](mailto:cadler@youthcontact.org)



OREGON  
PARENTING  
EDUCATION  
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Tuality  
Healthcare