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**“The ABC’s of Parenting”**  
**A *Nurturing Parenting* series for families with children ages 3-8.**  
**(This series is in Spanish.)**

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

**Includes FREE dinner & childcare (ages 2-4)**  
**Classes for parents & for 5-8 year olds**

**Wednesdays 6-8:00PM**  
**October 24–December 19**  
**(1 class meets 11/6 instead of 11/7; no class 10/31, 11/21)**

**LOCATION**

Reedville Elementary School  
2695 SW 209th St  
Aloha, OR 97003

**Throughout this FREE 7-week series you will strengthen your family by learning and using the following:**

- Age appropriate and developmentally appropriate expectations and rules
- Tools to build personal well-being and self-worth in yourself and your children
- Strategies for effective problem-solving
- Ways to establish discipline through family values, rules and rewards and consequences
- Techniques for effective stress and anger management

**To sign up contact Vicki Ball at:**

**503-640-4222 x 713**  
**or**  
**vball@youthcontact.org**

**Presented in partnership with:**



NW Regional ESD-Beaverton Early Childhood Center



Washington County Department of Health and Human Services

Reedville Elementary School