

**F
R
E
E**



**“The ABCs of Parenting”
A Nurturing Parenting series for families with
children ages 2-8.**

Give your parenting skills a boost and connect with others in your community to partner in parenting! Weekly door prizes, too!

WHAT

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

WHEN

Tuesdays 6:00-8:00 PM
February 19-April 9, 2019
(No class 3/26 – Spring Break)

WHERE

Bridge Meadows
5995 SW Menlo Dr.
Beaverton, OR 97005

Throughout this **FREE** 7-week series, strengthen family and community relationships through exploring topics such as:

- Understanding age and developmentally appropriate expectations
- Tools to build well-being and self-worth in yourself and your children
- Strategies for helping children manage their behavior and understand their emotions
- Ways to establish family values, expectations, and routines that support positive and nurturing relationships
- Techniques for effective stress and behavioral management
- Methods for successful problem solving and compromise

Come laugh and learn together! Weekly support for practicing skills/strategies is built into the program!

To sign up contact:

Vicki Ball
503-640-4222 x 713
vball@youthcontact.org

Marta Ciocca @ Bridge Meadows
971-413-5954

Ms. Caryl @ Fir Grove Elementary
503-356-2114

Presented in partnership with:



HHS

Bridge Meadows and
Fir Grove Elementary