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“Nurturing Hope”

A *Nurturing Parenting* series offered in English for parents and their children with special needs and health challenges, ages 5-8.

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

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

Meets Mondays
6:00- 8:00 PM
February 4–May 6 (no class 3/25 due to Spring Break)

LOCATION
Hillsboro Early Childhood Center
759 SE Washington St.
Hillsboro, OR 97123

Throughout this **FREE** 12-week series you will strengthen your family by learning the following:

- How to create nurturing routines for your child
- Ways to establish supportive discipline that addresses special needs and health challenges
- Strategies for effective problem-solving and stress management
- Approaches to support your child through their healthcare experience
- Techniques for effective stress and anger management
- And many other topics/strategies of interest to parents!

To sign up contact Vicki Ball at:

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

Presented in collaboration:



Hillsboro Early Childhood Center



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