

Parenting with a Purpose



Come join us for our interactive and supportive **SUMMER SERIES** to learn and strengthen practical, proven and positive parenting skills.

Discussions include the following topics:

- ◆ *Understanding Needs & Feelings*
- ◆ *Physical & Emotional Development in Children*
 - ◆ *Positive Discipline*
 - ◆ *Communicating with Respect*
 - ◆ *Positive Ways to Deal with Stress*
 - ◆ *Nutrition & Safety*
 - ◆ *Building Nurturing Parenting Skills*

TUESDAYS
12:00pm to 2:00pm

Beginning: July 30, 2019
Ending: September 10, 2019

Free child care and transportation assistance available!

For more information or to register, please contact
Coral Stricler at (209) 257-1980 x 103
cstricler@nexusyfs.org.

Para información en Español, por favor llame al (209) 257-1980 x 104.



LOCATION:
Upcountry Community Center
19386 Hwy 88
Pine Grove, CA 95665

A project of Nexus Youth & Family Services

1 Day Practical Parenting Classes

~ **Circle of Security** ~
0-5 year olds
September 17, 2019
9:00am—5:00pm

~ **Growing Together** ~
6-12 year olds
September 24, 2019
9:00am—5:00pm

~ **Calm, Confident Parenting** ~
13-18 year olds
October 1, 2019
9:00am—5:00pm

*All classes
include free child care,
transportation assistance,
snacks and lunch.*

*Please call for more
information or to register.*

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