

Looking for ways to improve your child's behavior?



Do you want to improve your child's grades & attentiveness?



Do you want to keep your child safe from risks?



Strengthening Families

is for you and your kids!

FREE FAMILY DINNER EVERY SESSION

A series of classes for families in (3) cohorts: families with 3-5 year olds, families with 6-11 year olds, and families with 12-16 year olds! Each class provides skill building in social and life skills and family relationship skills. Features structured activities for children, teens, and families. Additionally, parents will learn strategies to empower their family and navigate the challenges of raising a toddler, child, or teen!

FREE CHILDCARE

What can kids gain?

Develop better communication, social skills, solve problems, understand their feelings, comply with family rules, resist peer pressure & learn the consequences of substance abuse.

What can parents gain?

Improve family communication, provide effective discipline, set constructive limits, use attention and rewards to improve their children's behavior, understand the negative impact of substance abuse on family relationships.

Classes for Families with (3-5 year olds)

Classes for Families with (6-11 year olds)

Classes for Families with (12-16 year olds)

Register at:

www.natomasparentuniversity.com

Or call 916-567-5516



Spanish translation is available
Childcare for ages 2 and older

Classes will be every Tuesday evening starting:

October 4th to December 13th
5:30pm to 8:00pm

Location:
Bannon Creek Elementary
2775 Millcreek Drive