

# NURTURING HOPE

## 9/28-11/9



A free Nurturing Parenting series offered online in English and Spanish for parents and their children with special needs or health challenges, **ages Birth-10**. We invite you to join our online community, focusing on parenting strategies and child-centered activities to support you and your child.

### SOME OF THE TOPICS WE WILL EXPLORE:

- How to create nurturing routines for your child.
- Ways to establish supportive discipline that address special needs and health challenges.
- Strategies for effective problem-solving and stress management.
- Techniques for supporting children's development and social/emotional growth.
- And many other parenting strategies/techniques of interest to participants.

### DETAILS

**When:** Classes meet twice a week on Mondays and Wednesdays 6:30-7:30pm for 6-weeks beginning September 29th and ending November 9th. (No meetings on holidays.)

**How:** We will meet online using Zoom, which is accessible with a computer, tablet, or phone. Mondays are for parents/caregivers and Wednesdays will have an option for children to join their parent/caregiver online for part of the hour.

**Extras:** Gift cards for attending most classes! Children's art materials available for a onetime contactless pick-up! Optional weekly phone check-in with facilitators leading the program!

#### TO SIGN UP CONTACT

VICKI BALL @ 503-640-4222

VBALL@YOUTHCONTACT.ORG

OR REGISTER ONLINE AT

<https://youthcontact.org/classes/>

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Presented in collaboration:



APRENDEMOS JUNTOS

