

# Parenting with a Purpose



Come join us for our interactive and supportive **WINTER 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: January 8, 2019

Ending: February 19, 2019

Free child care and transportation assistance available!

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

## LOCATION

Upcountry Community Center  
19386 Highway 88  
Pine Grove, CA 95665  
(209) 296-2785

## 1 Day Practical Parenting Classes

~ *Circle of Security* ~  
**0-5 year olds**  
February 26, 2019  
9:00am—5:00pm

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

~ *Calm, Confident Parenting* ~  
**13-18 year olds**  
March 12, 2019  
9:00am—5:00pm

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

*Please call for more  
information or to register.*

**(209) 257-1980 x 103**

Parenting Certificates  
earned through program  
participation!

A project of Nexus Youth & Family Services

