

# 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  
Nadine Magana at (209) 257-1980 x 102  
or [nmagana@nexusyfs.org](mailto:nmagana@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.*

**(209) 257-1980 x 102**

