

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*

Thursdays
4:00pm to 6:00pm

Beginning: January 7, 2021
Ending: February 18, 2021

In-person and Zoom options are available.

Registration is required.

For more information or to register, please contact
Emma Swett at (209) 257-1980 x 105
or eswett@nexusyfs.org.

1 Day Practical Parenting Classes

~ *Circle of Security* ~
0-5 year olds
February 23, 2021
1:00pm—5:00pm

~ *Growing Together* ~
6-12 year olds
February 24, 2021
1:00pm—5:00pm

~ *Calm, Confident Parenting* ~
13-18 year olds
February 25, 2021
1:00pm—5:00pm

1 Day Practical Parenting Classes will utilize various distance learning options. Registration is required.

Please call for more information or to register.

(209) 257-1980 x 105

**ALL PARENTING CLASSES
ARE FREE!**

Parenting Certificates
earned through program
participation!

LOCATION
Nexus Youth & Family Services
601 Court Street, Suite 206
Jackson, CA 95642

A project of Nexus Youth & Family Services



No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.