

Nurturing Parenting Program

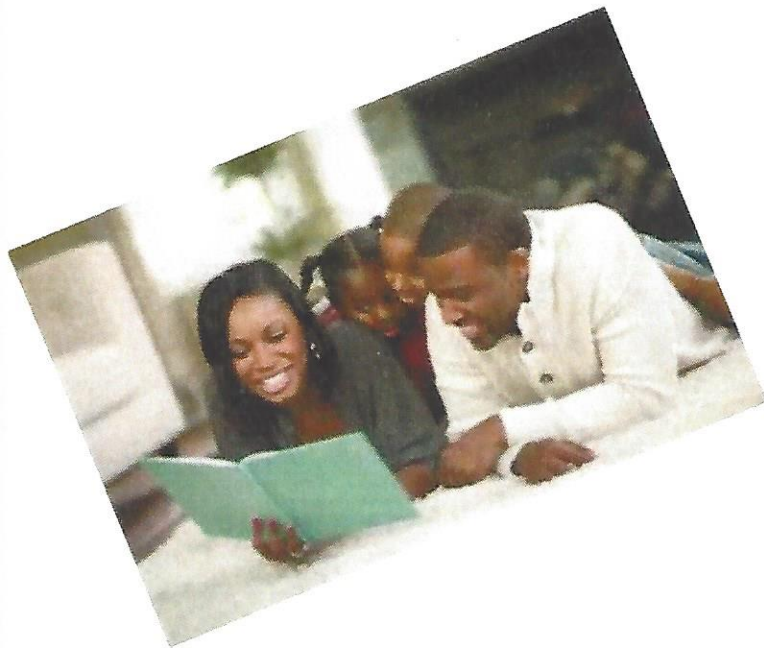
15-Week Series

FREE for Richmond City parents, grandparents, guardians, foster parents, primary caregivers of children 0-5 years

Learn to foster positive self esteem in yourself and your children
Learn how culture and community affect parenting

Learn how to:

Gain a sense of personal power
Handle stress and anger
Establish nurturing routines
Use effective discipline
Recognize needs and feelings



Tuesdays

April 18, 2017

Through

July 25, 2017

10:30 am-1:00 pm

Calhoun Center

436 Calhoun Street

Richmond, VA 23220

Lunch, children's group and transportation assistance provided

Pre-registration is required. Please contact Karen Christian at 646-3601



For more information about
Early Childhood or Parenting,
Contact: 804-646-3601 or
www.richmondgov.com/ecdi

Provided by:

