

Child & Family Center presents

H.E.L.P. Helping Everybody Learn to Parent



*Free 16-week Education Group
for parents and caregivers of children ages 0-12*

Participants will learn strategies to promote healthy relationships with their children

- How to manage problematic child behaviors such as defiance, tantrums and disruptive behaviors.
- How to cope with the stress that comes with being a parent
- Gain the skills to create healthy relationships and cohesive families



*You may join the group at any time.
Morning group - Wednesdays 9:00 - 10:30
Afternoon group - Tuesdays 4:00 - 5:30
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Child & Family Center

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