

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



**Wednesdays from 9 am to 10:30 am
at Child & Family Center
beginning January 31, 2018**

To register, contact Chris Waldron
661-251-4959 x3142

Child & Family Center

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