

Parenting Through COVID-19

The COVID-19 pandemic has been challenging for parents. In this parenting group, you will learn the importance of taking care of yourself so you can better care for your children, as well as ways for managing stress. This parenting group is free and meets virtually for 12 weeks.

You will also learn:

- Useful parenting strategies
- Positive approaches to discipline
- Effective communication skills
- Supporting your child's development

Professional Parenting Educators facilitate each group and follow a carefully designed curriculum. Each session includes group discussions and problem solving around topics of interest to you.



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**Connect with other families and
build your support network!**

**Group starts
April 6, 2022!**

TO ENROLL:

Pre-registration is required
Call 541-434-4343, or email
enroll@parentingnow.org

*PARENTING NOW PROVIDES
SUPPORT AND EDUCATION
SO THAT ALL CHILDREN ARE
RAISED BY NURTURING,
SKILLED PARENTS.*