


# Eight Weeks of Parenting Support

Provided by the Four Rivers Early Learning Hub + Mid-Columbia Center for Living

## Course Dates and Information

- Courses offered January 20<sup>th</sup> - February 10<sup>th</sup> will be offered in Spanish
  - Starting February 16<sup>th</sup>, courses will be offered in English
  - \*All courses will be conducted *virtually*

*Triple P Parenting: Positive Parenting Program*

4 weeks of Scheduled Courses	3 weeks of one-on-one check ins with trainers	Final Closing Session
<p>JAN 20<sup>th</sup> : 5-7pm <u>Course:</u> Positive Parenting</p> <p>JAN 27<sup>th</sup> : 5-7pm <u>Course:</u> Helping Children Develop</p> <p>FEB 3<sup>rd</sup> : 5-7pm <u>Course:</u> Managing Misbehavior</p> <p>FEB 10<sup>th</sup> : 5-7pm <u>Course:</u> Planning ahead</p>	<p>Schedule your one-on-one check ins with a trainer at times that works best for you.</p> <p>Check-ins designed for parents to provide feedback and gain additional support while utilizing positive parenting strategies.</p>	<p>Meet as a group once more to circle back and discuss what you have learned and hear success stories and celebrate your group's graduation from the program!</p> 

<p><b>Benefits of Groups</b></p> <ul style="list-style-type: none"> <li>-Hear lived experience of other parents</li> <li>-Create relationships and support systems</li> <li>-Exchange parenting advice and share resources</li> </ul>	<p><b>Virtual Classes</b></p> <p>Join these sessions from the comfort of your home via a smart phone, tablet, or computer. It's that easy!</p>	<p><b>Sign Up</b></p> <p>Please contact Maria Martinez to sign up or submit a referral.</p> <p>Phone: (541-716-4219)</p>
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For more info: Watch this helpful YouTube Video  
<https://www.youtube.com/watch?v=3PUwxQIYyKg>

