



NURTURING PARENTING PROGRAM

WHO: Parents or caregivers and their children ages 5 and under

WHEN: Wednesdays 9:30-11:30 am beginning January 17th and continuing for 15 weeks.

WHERE: Mountain Resource Center located at 11030 Kitty Drive, Conifer

How: Contact **Tereasa**
303.838.7552 x37
teresa@mrcco.org

Would you like to learn new skills and strategies to nurture your parenting practice?



FREE!

Join other parents for this 15 week parenting support program. Each week includes a separate parent time facilitated by a trained educator while children attend age-appropriate activities in the early childhood classroom.

Topics covered are:

- Positive Discipline
- Stress Management
- Child Development
- Nurturing Routines
- Family Goal Setting
- And much more!