



NURTURING PARENTING

Summer Cohort
12 Classes

When:

Fridays
10:00 AM – 12:00 PM

Dates:

June 14th – September 13th

Where:

Virtually via Zoom

Contact Info:

Lisa Miller, QMHA-I
541-505-0411

Lisa.miller@options.org



Participants:

Available to parents with children ages 5-11

Objectives:

- Building self-worth through appropriate expectation of child growth and development.
- Developing empathy and sense of caring in parents.
- Utilizing positive, non-violent discipline practices and techniques.
- Having appropriate family role expectations through self-awareness.
- Empowering families.