



# Center *for* Family Development

## Positive Parenting Group

***A 10-week group to support parents of 0-3 year-olds***

**This 10-week group is for parents of children 6 months to 3 years. Session content focuses on:**

- Understanding and supporting children's temperament
- Building positive relationships
- Implementing successful family routines
- Teaching self-regulation and emotion-regulation strategies to children

Parents may receive a certificate of completion.



*This group is FREE for all participants, thanks to a grant from the Early Childhood Hub of Lane County.*

**Group Details: Starting Wednesday, 03/05/25, 6pm-8pm via telehealth (Zoom).**

Group meets weekly on Wednesdays from 6-8pm (skipping 03/26/25, 4J Spring Break) and ending on 05/14/2025.

**Contact our Perinatal Group Coordinator at 541-735-1635 or visit [c-f-d.org](http://c-f-d.org) to enroll or inquire on our website**

