



## NURTURING PARENTING PROGRAM

### **FOR YOU AND YOUR CHILDREN**

**MONDAYS 5:30-7:30PM, MAY 23-JULY 24, 2016**

5360 N. ACADEMY BLVD. SUITE 130  
COLORADO SPRINGS CO. 80918

Please join us for a fun and interesting 8-week evidence based class where you will learn about Nurturing Parenting. This is an interactive class for both children and their parents. You will learn how to:

Identify and handle feelings

Communicate needs

Be empathetic

Empower parents with new discipline techniques

Take charge of one's own behavior

Handle stress and anger

And so much more!

You will be given the skills to make your lives more peaceful and empowering, at the same time building positive memories with you and your child.

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FOR MORE INFORMATION CONTACT: [HEATHER@FAMILYRESOURCENETWORKCO.COM](mailto:HEATHER@FAMILYRESOURCENETWORKCO.COM) OR  
[MATT@FAMILYRESOURCENETWORKCO.COM](mailto:MATT@FAMILYRESOURCENETWORKCO.COM) OR CALL 719-227-7477 EX16 OR X12