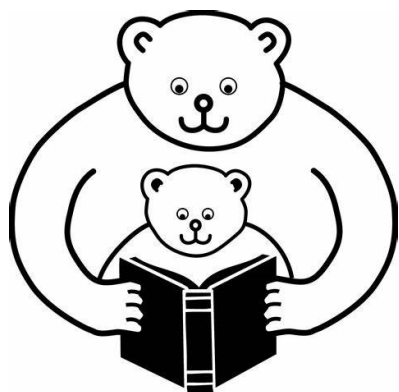


Parenting Classes



Time and location to be determined based on enrollment. Call for more information.

Topics covered include:

- ◆ Nurturing and connectedness
- ◆ Culture, morals, values & beliefs
- ◆ Growth and development
- ◆ Healthy sexual development
- ◆ Empathy
- ◆ Needs
- ◆ Identify & address feelings
- ◆ Stress & expressing anger
- ◆ Discipline

**Food &
child care
provided**

Being a parent is tough!

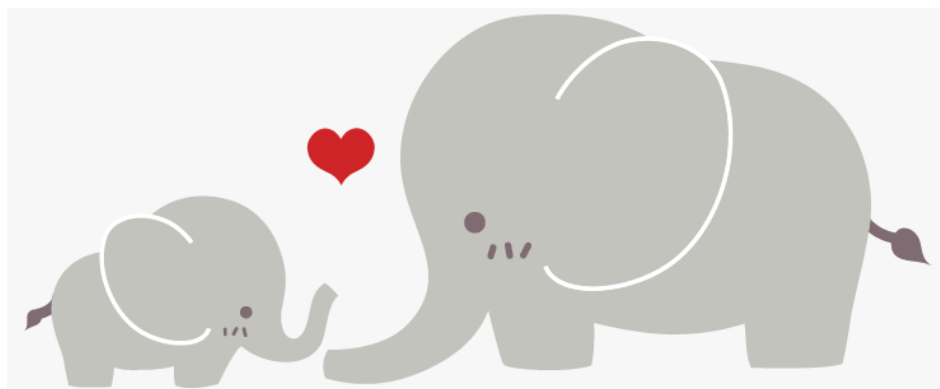
You know it, we know it.

NEKCA is holding this **FREE** series of classes to help parents with some common issues that you face at home.

Registration required

Learn about new ways to react to challenging behaviors before they become bigger issues.

We will talk about what to expect from children at different stages and how to take care of their needs and feelings without neglecting our own needs and feelings.



For more information or to sign up Contact Wes
at Wrobertson@nekcv.org or call 802-487-4078