



Peer Assistance Services



# *The Promoting Healthy Families Program...*

is about building healthier parent-child relationships.

The classes are designed for parents who want to enhance learning and skill building in key areas such as:

- Parent-child communications
- Developmental considerations
- Guidance and discipline
- Problem solving
- Self-care

## Benefits

Introduces the qualities, values and skills parents need to know in order to maintain a healthy relationship with their children.

Offers opportunities for parents to practice communicating in ways that allow both parents and children to feel respected and heard. The program utilizes evidence-based, community-based education in the Nurturing Parent Programs.

## Incentives

Free classes, free meals, and gift cards for successful program completion!

For additional information, please contact:

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Start believing.

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