



## Nurturing Parenting Workshops



**When:** Monday Nights

**Time:** 5:30pm-7:00pm

**Location:** St. Mary Medical Center / Health Enhancement Center

**Address:** 1055 Linden Ave  
Long Beach CA, 90813

To reserve a seat, please contact:

**Minerva Calvario or**

**Judith Vasquez**

**(562)491-9000 Ext: 5473**



**Certificate of participation awarded upon completion!**

Would you like to help boost your child's self-esteem? Praise helps children feel good about themselves. Praise is important for adults too.

A workshop will be held in your area to help you and your families learn about:

- ❖ Understanding feelings
- ❖ Alternatives to spanking
- ❖ Communicating with respect
- ❖ Building self-worth
- ❖ Praising children and their behavior
- ❖ Ages & stages of growth for Infants & Toddlers
- ❖ The philosophy & practices of Nurturing parenting
- ❖ Learning positive ways to deal with stress & anger
- ❖ Understanding & developing family morals, values & rules
- ❖ Ways to enhance positive brain development in children & teens

### Families in Good Health

1045 Atlantic Ave Suite 705

Long Beach, CA 90813

Phone: (562) 491-9000

Fax: (562) 491-9824

[Minerva.calvario@dignityhealth.org](mailto:Minerva.calvario@dignityhealth.org)

[Judith.vasquez@dignityhealth.org](mailto:Judith.vasquez@dignityhealth.org)

The Nurturing Parenting Programs is offered in collaboration of:

