



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

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The Nurturing Parenting Programs is offered in collaboration of:

