



Families in Good Health

Nurturing Parent Workshops

Would you like to help boost your child's feeling of self-worth? Communicating with respect helps children feel good about themselves. Join us virtually to learn appropriate brain development expectations that will help you manage stress and strengthen family morals and values.

A certificate of participation will be awarded upon completion of six lessons:

- Communicating with respect
- Building self-worth in children
- Understanding feelings
- Developing family morals, values and rules
- Ways to enhance positive brain development in children
- Learning positive ways to deal with stress and anger

Virtual workshops are held every Tuesday from 3 - 4:30 p.m. starting October 13. Zoom link will be provided after registration. To register, please contact Minerva Calvario at 562-522-7289 or Ladine Chan at 562-491-9100 ext. 2402.



Dignity Health
St. Mary Medical Center



Healthy Families
America

