

Strengthening

CALAVERAS

Families

Growing great kids.



Nurturing Skills for Families

Facilitated by Christine Bitler, LCSW

In this 5-part interactive series parents, grandparents, and caregivers will gain information, techniques and strategies to help children:

- Develop positive self-worth by having and setting appropriate expectations
- Develop a sense of caring and compassion by building empathy
- Increase self-awareness and acceptance of family roles
- Develop a healthy sense of empowerment and independence

Workshop meets: TUESDAYS

January 17, 24, 31, Feb 7 & 14

6:00 - 8:00 p.m.

Valley Springs Elementary School

240 Pine Street, Valley Springs, CA - Classroom A

A light dinner will be provided.

Children's workshops are available for this series.

Call to register

*Certificate of Completion provided at the end of the series.

Funded through a Calaveras County

Behavioral Health Services-Mental Health Services Act grant.

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Parent Counseling - Nurturing Parenting Workshops
Mindfulness Parenting workshops - Seminars - More!

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Visit us online at: www.first5calaveras.org/strengtheningfamilies