

# FREE Parenting Classes

Make your life easier and  
your family better!



Are you a parent or caregiver of a young child, **ages birth to 5?** Then join us for **Active Parenting**, a video & discussion program that will give you skills to create more peace at home and will help your children achieve greater success and happiness.

*FREE classes include Parent Guide.*

*You are invited to attend any session but we hope to see you for all 4!*

where: VIRTUAL –Zoom

when: Tuesdays, 6-8p  
February 8, 15 and 22

sign-up 530.541.5848 or  
nrubio@catalystcomm.org



## The 3-part series will show you:

- ◆ Discipline methods that work
- ◆ How to prevent tantrums
- ◆ Routines that make life easier
- ◆ How to make rules your child will follow
- ◆ How to take care of your child at different stages
- ◆ How to build a bond with your child



*Funded by El Dorado CAPC*