

Family Life Education Parenting Program

402 North Fulton Street Allentown, PA 18102

Free parent and caregiver group sessions Incentives/prizes for attendance

Tuesday Mornings
September 17, 2013 through November 26, 2013

9:30 a.m. to 11:00 a.m.

Groups include activities and discussion related to a variety of family issues, including positive discipline, managing stress, nurturing, communication and problem-solving.

ADULTS/PARENTS ONLY
CHILD CARE WILL NOT BE PROVIDED

The Family Life Education Parenting Program offers parenting classes for parents and caregivers in Northampton and Lehigh Counties. Included are parents/caregivers of young children who are struggling with problems of family living. Weekly classes cover a wide range of topics, including:

- Hope and Trust
- The Basics of Child Development/
Family Roles
- Nurturing and Attachment
- Feelings/Self-Esteem/Empathy
- Communication and Problem-Solving
- Guiding Behavior/Discipline with
Dignity
- Managing Stress
- Having Fun

The Family Life Education Parenting Program uses an evidenced-based model backed by proven outcomes. This strengths-based, family-centered program is designed to build nurturing parenting skills and child-rearing practices.

This community service is made possible in part by [JUST BORN.](#)



Limited seating
For more information or to register for groups
please contact
Kate Neary
610-559-8151, ext. 221