



YOUR JOURNEY JUST GOT A WHOLE LOT EASIER.

NURTURING PARENTING

For ALL parents and caregivers. This is an open series of 7 enrichment classes. Attend as many as you want or can. Registration is required. Topics will include:

- Understanding Feelings – Sept. 28th
- Developing Self-Worth – Oct. 5th
- Praise & Encouragement- Oct. 12th
- Communicating with Respect – Oct. 19th
- Family Morals, Values and Rules – Oct. 26th
- Nurturing Discipline – Nov. 9th
- Managing Stress – Nov. 16th

This is a FREE PROGRAM over ZOOM

**Wednesdays starting September 21st, 2022
from 6:00 – 7:30 PM**

For more information or to register, contact Missy at 442-7963 x 286 or email melissa.kettell@mmcacorp.org. You can also register online using the QR code below.



Find Families CAN! on social media



SCAN ME



Supported by the Department of Health and Human Services and the Maine Children's Trust