

"Empowering Mothers" Parent Education & Support Group Sessions



Offered at Family Partnership on
Tuesdays 5:30 - 8 pm

Classes focus on the parental role,
parental strengths and challenges, healthy parent-child relationships,
healthy child growth & development and nurturing family interactions.

Class topics include
Nurturing Parenting, Child Development,
Appropriate Expectations, Empathy
& Needs of Parents & Children

Understanding & Managing Emotions,
Handling Stress & Anger, Positive Self Worth,
Managing Behavior & Understanding Discipline

Information about Empowering Mothers Sessions is available by calling 301-600-2206

Certificates are awarded after the completion of the curriculum.

Classes are free.

Refreshments and free child care (on a limited basis) is provided.
Transportation from Frederick City locations is available (on a limited basis).

Family Partnership is located at 8420 Gas House Pike, Suite EE, Frederick, MD 21701

For more information or to register, call 301.600.2206.



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