

The Mutual Assistance Network presents
**Nurturing Parenting Program for
 Infants, Toddlers and Pre Schoolers**



Firehouse Community Center
 810 Grand Ave
 Sacramento Ca, 95838
 (916) 567-9567

October 21, 2017– December 16, 2017
Saturdays (Accelerated)
10:00 am— 2:00 pm

The Nurturing Parenting Program
NPP—ITP are
 recognized by Sacramento County Child
 Protective Services as approved parenting
 classes for parents with children ages
 Zero to five -years-old, (0-5).

Class #1	Oct 21	Hopes and Fears, Nurturing as lifestyle
Class #2	Oct 21	Children's brain Development
Class #3	Nov 4	Developing empathy in Children
NO NEW STUDENTS WILL BE ADMITTED TO THIS WORKSHOP AFTER CLASS #3		
Class #4	Nov 4	Expectations and Development of children
Class #5	Nov 11	Developing Empathy in our Children
Class #6	Nov 11	Recognizing and Handling Feelings
Class #7	Nov 18	Spoiling your children, Praising children
Class #8	Nov 18	Understanding Discipline
Class #9	Dec 2	Developing Family Morals and Values
Class #10	Dec 2	Rewarding & Punishing Children Behavior
Class #11	Dec 9	Developing Routines
Class #12	Dec 9	Understanding and Handling Stress
Class #13	Dec 16	Managing anger, alternatives to spanking
Class #14	Dec 16	Possessive and Violent Relationships
Class #15	Dec 30	Families and Alcohol
Class #16	Dec 30	Hope and Fears reviewed, Certificates

**Pre-Registration is recommended as
 this class has a limited capacity.**

**Last Class to Register is November 4th, 2017
 before 12:00 noon
 Play Care not available**

For information or to register call the
 Firehouse Community Center at 916-567-9567

Due to Holidays, No class on the following days:
 Oct 28th, Nov 25, & Dec 23



Funding for Birth & Beyond Family Resource Centers is provided by the First 5 Sacramento Commission which used Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.

Family Resource Centers