

FREE!

Mindful Nurturing Parenting Classes



8-Week Course Includes:

- ◆ Mindful Self-Care
- ◆ Personality Types and Birth Order
- ◆ Communicating with Respect & Understanding Feelings
- ◆ Brain Development & Trauma Recovery
- ◆ Developing Family Morals, Values, & Expectations
- ◆ Understanding Child Abuse & Alternatives to Spanking
- ◆ Introduction to Mindfulness-Based Stress Reduction

2019 CLASS SCHEDULE

CHESTER May 7th—June 25th (Tues) July 9th—August 27th (Tues)	GREENVILLE March 14th—May 2nd (Thurs) Sept 12th—Oct 31st (Thurs)
PORTOLA May 9th—June 27th (Thurs) July 11th—August 29th (Thurs)	QUINCY March 13th—May 1st (Wed) July 10th—August 28th (Wed) Sept 11th—Oct 30th (Wed)

CLASSES ARE 4:00—6:00 PM EACH WEEK

Child care assistance may be available with pre-registration and advance notice.
Classes are closed to new attendees after the first week in each series.

Mindful Nurturing Parenting classes are appropriate for everyone—parents, grandparents, teachers, foster parents, CASA volunteers, and anyone wanting to interact with children more mindfully and with less stress.

Attendance Certificates will be issued to those who attend all eight classes.

Please call to pre-register!
Leslie Wall, Instructor at 530-283-3611
www.plumasruralservices.org