

The Mindful Nurturing Parenting classes offer multimedia presentations, resource guides, and open discussions to provide support, encouragement and guidance. The 8-week course includes the following topics:

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

2019 Class Schedule

All classes are 4:00–6:00 p.m.

Chester—Tuesdays

May 7th—June 25th
July 9th—August 27th

Greenville—Thursdays

March 14th—May 2nd
September 12th—October 31st

Portola—Thursdays

May 9th—June 27th
July 11th—August 29th

Quincy—Wednesdays

March 13th—May 1st
July 10th—August 28th
September 11th—October 30th



Please pre-register before the first class in each series!



PLUMAS RURAL SERVICES
Serving People, Strengthening Families, Building Communities

Mindful Nurturing Parenting Class



PLUMAS RURAL SERVICES

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Quincy, CA 95971
530-283-2735

Leslie Wall, Instructor
530-283-3611

lw@plumasruralservices.org
www.plumasruralservices.org



Plumas Rural Services offers 8-week Mindful Nurturing Parenting classes in every community of Plumas County. These classes are free and funded through the Plumas County Department of Social Services.

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

This course meets the requirements for those mandated to attend a parenting class.

Child care assistance may be available with advance registration and a minimum of 1 week notice.

Pre-registration is required as space is limited.

After successful completion of the course, a referral for ongoing in-home support is available if additional assistance is needed. An Attendance Certificate will be issued to those attending the entire 8-week course.

To ensure confidentiality and open discussions the class is closed to new attendees after the first session.

For more information

Visit our website at

www.plumasruralservices.org/parenting

To pre-register contact

Leslie Wall, Instructor

lwall@plumasruralservices.org

530-283-3611

Each 8-week course is tailored to the unique needs of attendees and now includes new elements of Mindful Parenting and Mindfulness-Based Stress Reduction.

The classes are a confidential, safe place to share challenges and learn from the experiences of others.

The Nurturing Parenting curriculum is recognized by the National Registry of Effective Programs and multiple non-governmental and federal agencies for its effectiveness in offering support for personal growth and promoting strong families.

The Instructor, Leslie Wall is a Certified Family Teacher, Certified Nurturing Parenting Instructor, and Certified Mindfulness-Based Stress Reduction Facilitator with over 20 years of experience working with individuals and families.

Mindfulness-Based Stress Reduction classes are also available!