

## PARENTING CLASS



# SAFEchild

Parenting is the most important job any of us will ever have, full of amazing rewards and repeated challenges. When you join a SAFEchild program, you will find a welcoming environment with other parents who are dealing with similar life experiences while coping with the challenges of raising children.

SAFEchild's strategies, activities and programs provide parents and primary caregivers with support and information to help them create nurturing environments for their children.

SAFEchild programs focus on:

- Communicating with Children
- Using Positive Discipline Techniques
- Coping with Life's Stressful Situations
- Managing Anger Effectively

Most referred moms will participate in the MOVE Program, which meets once a week for 13 weeks from 6:00 p.m. to 8:30 p.m.

*For additional information and registration, please call:*

**(919) 743-6140**

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"It felt good to hear other people's stories and hear other people talking about what's going on because you feel like you're not the only one.".....Tamika

"It was a positive environment. Everybody was open and listened and provided their opinions. And it was just a real open class, and I really really really gained a lot from it. I really gained a lot.".....Susan

