

Learn. Grow. Connect. Empowering young and expecting **Moms** and **Dads** to build safe, supportive environments for their children — **Online via ZOOM**



Virtural 10-week Series

Nurturing Parenting

For Young & expecting Moms and Dads 21 and under.

July 21 - September 22, 2026

Tuesdays, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25,
9/1, 9/8, 9/15, 9/22

Free to qualifying participants who live or go to school in **Oakland, Piedmont, or Alameda**. Others on a case-by-case basis. .

- 6:30PM - 8:30PM
- Via ZOOM Meetings
- Certificate of Completion & gift card incentives
- Certified Facilitator: Michael Lewis, CPDPE, NPP



What You Will Get

- Strong Parent-child bonding skills
- Understand your child's development & behavior
- Positive communication & discipline tools
- Stress Management & self-care tips
- and much more...

To Register call:

1-800-829-3777



Limited Space Available