

Empowering Young and Expectant Parents with the **Knowledge** and **Skills** to Build **Safe, Supportive,** and **Nurturing** Families.



Online 10-week Series

Nurturing Parenting Class

For Young & Expecting Parents 21 and under

March 30 - June 8, 2026

(Mondays) 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 6/1, 6/8 (no class 5/25 Memorial day)

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

- 6:30PM - 8:30PM (PST)
- Via ZOOM Meetings
- Certified Facilitator: Michael Lewis, CPDPE, NPP
- Certificate & Gift Card incentive upon completion



What You'll Learn & Gain

- Strong parent-child bonding skills ✓
- Understanding your child's development and behavior ✓
- Positive communication and discipline tools ✓
- Stress management and self-care strategies ✓
- And much more... ✓

To Register call:

1-800-829-3777



Limited Space Available