



“Raising Healthy Families”

Presented on Zoom by Cindy Horgan

Join Cape Cod Children's Place Executive Director, Cindy Horgan, in an evidence informed **Six Week Parenting Education Series** designed to strengthen families while learning positive discipline principles.

Evenings and Morning programs, ongoing

Learn to discipline without yelling, how to handle tantrums, understand the role of your child's temperament and why our children do what they do.

Cindy provides support to caregivers of children wanting to learn how to manage the most challenging behaviors that can make the job of parenting so difficult.

- *Sessions include resource materials that enhance your child's self-esteem and development.*
- *Improve your confidence to be the best parent possible for your child.*
- *Learn the value of family routines, how to set age appropriate limits and expectations to keep children safe, and learn the importance of self care.*

This program was developed by Cindy Horgan from her years of experience offering parenting classes for over 25 years.

Registration required. Call 508-240-3310 for more information.

Our no cost programming is funded by a SAFE Child Communities grant through the Children's Trust and a Coordinated Family and Community Engagement (CFCE) grant from the MA Dept. of Early Education and Care, administered by the Cape Cod Children's Place.

