



Raising Healthy Families

Join Cindy Horgan, Director of Family Support Services at Cape Cod Children's Place, in an evidence informed 6 week **Parenting Education Series** designed to strengthen families while learning positive discipline principles.

- 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 to keep children safe and learn the importance of self-care.

Thursdays, 6-7:30
May 2nd - June 6th
virtual



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

To register, call Cape Cod Children's Place at 508-240-3310

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