



“Raising Healthy Families”

Presented by Cindy Horgan

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

Morning and evening series, ongoing

Evenings from 6 - 7:30 pm and mornings 10 - 11:30 am

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 is required, on Zoom, and in person when possible. Call 508-240-3310.

Cape Cod Children's Place is committed to offering virtual programs for as long as necessary.

For more information call or visit our Facebook Page & website capecodchildrensplace.com
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