



# Raising Healthy Families

Presented on Zoom by Cindy Horgan

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

## Evening classes - 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 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.**

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

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*This 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.*



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