



*upcoming*  
**SESSION DATES:**

*The*  
**NURTURING  
PARENTING**  
*Program*



.... **ABOUT *the* PROGRAM** ....

*The Nurturing Parent Program is a family centered program that provides parents with effective and age-appropriate tools for positive behavior management.*

*Through group discussions, interactive activities and videos parents learn about recognizing and understanding feelings, child development, nurturing routines, and ways to build self-esteem and self concept in themselves and their children.*

*You'll find your family's bond getting stronger with each session!*



**GUNNISON COUNTY HEALTH  
& HUMAN SERVICES**  
225 N PINE ST, GUNNISON, CO 81230  
970-641-3244

**BUILDING  
NURTURING SKILLS**

# CONCEPTS

..... that you'll .....

## LEARN

- Parent-Child Bonding & Attachment
- Developing Empathy in Children
- Child Brain Development & Appropriate Expectations
- Improving Children's Self-Worth & Praising Children & Their Behavior
- Understanding Discipline
- Helping Children Handle Their Feelings
- Understanding & Handling Stress
- Helping Children Manage Behavior
- Managing Anger
- Families & Alcohol
- Keeping Kids Drug Free

..... “ .....

*All in all it was a great experience – and we'll definitely be referring back to the text as we continue on this journey.”*

..... PARENT PARTICIPANT .....



## ..... class .....

# INFORMATION

- For any parent with a child ages 0-11
- The class meets once a week for 9 weeks
- Each class session includes a nutritious dinner & separate classroom time for parents & children
- Individual family plans & goal setting
- Cost for the entire program is only \$25
- Scholarships available!

## QUESTIONS & RESERVATIONS

CALL THE NPP COORDINATOR AT  
**970-641-3244**