



FREE

**For Parents
& Providers**

**RAISING HUMAN(E)
BEINGS W/JULIE KURTZ**

**POSITIVE PARENTING
PARENTING CLASS 8-VIDEO SERIES**

Starts:


**MARCH 20TH-
JUNE 1ST**

ABOUT THIS CLASS:

- Agenda Topics Include:
- Nurturing and Responsive Relationships
- Environments that Reduce Challenging Behavior
- Promoting Body Awareness, Sensory and Emotional Literacy
- Building Resilience by Teaching Self-Regulation and Managing Big Emotions
- Teaching Problem Solving Skills
- Parent & Provider Self-Care and Self-Awareness


To receive a code register with Jessica or Lexie at SNCS:

For Sierra County contact Jessica:

 530-993-1288

 jessican@sncs.org

For Nevada County contact Lexie:

 530-272-8866 x225

 Lexieg@sncs.org



sierra nevada children's services



**REGISTER SOON!
SPACE IS LIMITED****