



Valuing Our Children

Parenting Journey

Thursdays

Feb. 27th to May 22nd

1pm - 2:30pm

Valuing Our Children's

NQ Patch Office

109 Lumber St. Athol



This parent education series is for parent of all backgrounds with children aged 18 and under.

- Identify strengths and increase resiliency
- Learn to tackle everyday stressors and challenging situations
- Become more confident and optimistic about achieving personal goals
- Increase ability to nurture themselves and their children.

**For more information
or to register please
contact Christine or**

Angelina

978-249-5070

**[click here](#) or
scan the QR code**

