



Valuing Our Children



PARENTING JOURNEY

Wednesdays,

March 15th to June 7th

(No class on April 19th)

1 - 2:30 pm

Valuing Our Children's North Quabbin
Patch and Family Resource Center



This 12 week parenting class will help parents:

- 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 call
Christine or Ashley 978-249-5070,
Scan the QR Code or [click here to register.](#)

