

Parent Education Center

Upcoming Classes:



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY

is a free 6-week course for low-income adults that will teach healthy grocery shopping, cooking and eating on a budget. Next class begins February 21st and ends April 4, 2018. Class is held at the Center of Craig from 5:30 to 7:30 p.m.



Positive Solutions for Families

is a free 6-week class that promotes social/emotional development and helps to reduce challenging behavior. Next class is scheduled for March 2018. Watch for specific dates as we get closer to the class.

Register for either class by phone: 970-824-1081

or email: parented@connections4kids.org

Childcare is available for both classes at no cost to you.

What's Happening:

LOVE AND LOGIC CLASS



Love and Logic is a philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D. The Love and Logic Institute is **dedicated**

to making parenting and teaching fun and rewarding, instead of stressful and chaotic. We provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. **All of our work is based on a psychologically sound parenting and teaching philosophy called Love and Logic®.**

Connections 4 Kids Parent Education Center has partnered with Moffat County Department of Human Services to bring this free class to our community. It will begin on Tuesday, January 30th from 5:00 to 7:00 p.m. at the Center of Craig. This class will end on Tuesday, March 13th. Free childcare will be available. To register, contact Charity Reiser - 970.824.8282, ext. 2043

Building a healthy human brain is a process that begins before birth and continues into adulthood. A strong foundation early on increases the probability that a child will build strong social and emotional skills, which are just as important as cognitive skills and physical health. Parents and caregivers play a critical role in supporting their children's mental health and can nurture it by actively engaging with their children and building caring relationships. When parents need extra assistance in this area, Connections 4 Kids offers a variety of classes and resources to provide support.

Newsletter

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Ongoing:

- ☺ Ready for Kindergarten workshops - 970-824-1081
- ☺ Family Nights - Check out Connections 4 Kids and Parent Education Center on Facebook for event dates and times
- ☺ Autism, Post-Partum Depression and Breast-feeding support groups. Please call 970-824-1081 to schedule an appointment.

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