



Virginia Garcia Memorial
HEALTH CENTER

Active Parenting: First Five Years

Mondays:

**May 6th
May 13th
May 27th
June 3rd**

4:00pm - 6:00pm

**Virginia Garcia Memorial
Health Center**

**115 NE May Ln.
McMinnville, OR 97128**

To register or for more info,
please contact Veronica Garcia:

(503) 359-8513

vgarcia2@vgmhc.org

IT'S FREE—REGISTER TODAY!

SESSION TOPICS:

May 6th: Focus on styles of parenting, ages and stages of development and building the bond with your child.

May 13th: Your child's beautiful brain, freedom with limits and "The A.C.T" of parenting.

May 27th: Choices and consequences, mindful moments: loving and kindness, and the power of encouragement.

June 3rd: Six smart things parents can do to help their child get ready for school