



Do you have a child between the ages of 3-8?

## JOIN THE FREE **VIRTUAL** POWER OF PARENTING™ PROGRAM

### PROGRAM INCLUDES:

- 12 sessions, meeting once a week
- Eligibility to earn up to \$100 in grocery gift cards
- Opportunities for Parent Leadership

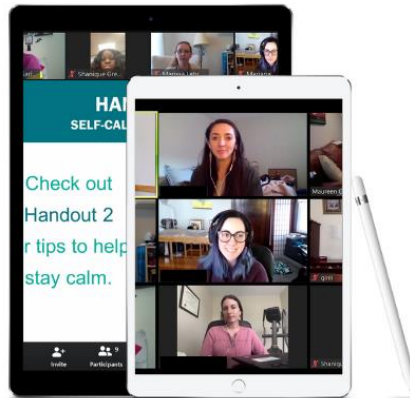


- Eligibility to earn \$100 for clothing from Dress for Success



### WHERE AND WHEN:

- Tuesdays starting 5/4
- 3 to 4 pm
- Zoom link sent upon registration



### LEARN

about your child's developmental stages

### CONNECT

with other parents and share experiences

### EXPAND

your toolbox of parenting strategies

### RELAX

by discovering self-care techniques

### GROW

individually and as a community

Limited space. Sign up today!

<https://forms.gle/h35JRuCyqJ1ZDGv48>

For more information, contact: Rodolfo Saldarriaga • [rsaldarriaga@families-first.org](mailto:rsaldarriaga@families-first.org) • 617-858-0755