



**A Universal Parenting Program for  
Parents and Caregivers of Children  
Who are 10 to 18 Years Old.**

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**Gain knowledge, skills, and strategies in the  
following areas:**

- **positive parenting practices,**
- **stress management, and**
- **healthy lifestyle choices for your child.**

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**This is a free program to support your  
important role of parenting.**

**Participants will agree to provide feedback  
on program effectiveness.**

**To register, scan the QR code on this page.**

**Join us for six virtual  
meetings only one hour each!**

**Dates: First meeting April 11, 2023  
Meets every Tuesday until May 16, 2023  
Time: 6:00 PM – 7:00 PM**

**Location: Link provided upon registration.**

**For more information contact:  
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