



Precious Minds New Connections Nurturing Parenting Brunch

A focus on the 'Early Years' of your child's life -Birth-4 yrs.

PRECIOUS MINDS
NEW CONNECTIONS

Join the thousands of parents, childcare providers, and grandparents throughout Kendall, Bexar, Comal and Bandera Counties who have learned and benefited from this awesome educational experience.

Topics Discussed:

- The Importance of Nurturing Yourself as a Parent
- Managing Stress
- Meeting Parents' Needs and the Needs of Children
- Brain Development and Attachment
- Child Development and Appropriate Expectations
- Empathy Recognizing & Understanding Difficult Feelings
- Discipline
- Family Rules
- Organization and Family Routines
- Building Self-Worth

"I feel every parent or caretaker will benefit immensely from this series of courses. It changed our home life." - Jeanette, mother of twins

"I better understand my children's behavior. I feel more confident and prepared. I have tools to use to discipline (teach) my kids. This class was amazing." - Leighan, mother of three

"I enjoyed talking about common problems, behaviors and solutions." - George, father of three

When: Wednesday mornings

January 4, 11, 18, 25, February 1, 8, 15, 22, 29
(Class meets once a week for 9 weeks)

Where: St. Mark Presbyterian Church
208 West Bandera, Boerne

Time: 9:00 – 11:00 a.m.

To Register Call: (830) 537-6367

(Family Matters Education)

(Monday through Friday from 9:00 am – 4:00 pm)

Or On Line At: www.familymatterseducation.com

Free childcare is available with a reservation

(Register early-class size is limited)

- ◆ Delicious catered food and drinks provided
- ◆ Drawings for wonderful children's books
- ◆ Participants attending all sessions receive San Antonio Zoo Passes
- ◆ Training Hours Awarded

Workshop is free of charge and is open to the public

New Nurturing
Parenting
Curriculum

Workshop Sponsored by: **Positive Parenting Collaborative:** Benedictine Ministries Corp.,
St. Mark Presbyterian ELC, St. Peter's Catholic Church & Hill Country Pregnancy Care Center
Workshop Available Thanks to: **A grant from The Kronkosky Charitable Foundation**
Workshop Facilitated by: **Family Matters Parenting Instructor, Geri Clouse**