

MCH Family Outreach Parenting Classes

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6PM – 8PM NURTURING PARENTING: MEETING NEEDS/DEV. PERSONAL POWER (VIRTUAL)	2 12PM – 2PM NURTURING PARENTING: MEETING NEEDS/DEV. PERSONAL POWER (VIRTUAL)	3	4	5	6
7	8 6PM – 8PM NURTURING PARENTING: EXPRESSING FEELINGS/FAMILY RULES (VIRTUAL)	9 12PM – 2PM NURTURING PARENTING: EXPRESSING FEELINGS/FAMILY RULES (VIRTUAL)	10	11	12	13
14	15 6PM – 8PM NURTURING PARENTING: RELATIONSHIPS/ALCOHOL (VIRTUAL)	16 12PM – 2PM NURTURING PARENTING: RELATIONSHIPS/ALCOHOL (VIRTUAL)	17	18	19	20
21	22 6PM – 8PM NURTURING PARENTING: ALT. TO SPANKING/DEALING WITH STRESS (VIRTUAL)	23 12PM – 2PM NURTURING PARENTING: ALT. TO SPANKING/DEALING WITH STRESS (VIRTUAL)	24	25	26	27
28						

**MCH FAMILY
OUTREACH
325-672-9398**

***COSP – Circle Of Security Parenting**

Attachment and Relationship based parenting. 8 sessions, covered over 4 weeks. Must start class on week 1, in order to continue. Currently only offered at Pregnancy Resources of Abilene (PRA).

**** NP – Nurturing Parenting**

Parenting skills from a more nurturing aspect. Infant-Toddler covers 12 sessions over 6 weeks. Adolescent-Teen covers 10 sessions over 5 weeks. Can start with any lesson.

LOCATIONS

DUE TO COVID-19 ALL CLASSES ARE OFFERED VIRTUALLY THROUGH MICROSOFT TEAMS

PLEASE CONTACT ANNA OR LINDSAY FOR MORE INFORMATION, OR EMAIL QUESTIONS TO hdelvalle@mch.org