



**FREE PARENTING CLASSES
IN SPANISH AND ENGLISH
CLASSES ARE OFFERED AT: **Our Saviour Center****

CLASSES BEGIN: Monday, April 4th, 2011

**TO REGISTER CALL 323-254-2274 ext. 465 and ask for
Amy Sanchez**

Learn How To:

- Discipline without the use of force
- Manage stress and find support!
- Identify your child's unique needs and the best way to parent him or her
- Understand the source of your child's behavior and effective communication techniques
- Identify signs of: drug abuse, learning and developmental disabilities and emotional problems

Hillsides offers Parenting Classes at Our Saviour Center by master's level clinicians and rehabilitative specialists who are bilingual in Spanish and who demonstrate expertise in the areas of child and adolescent mental health and family dynamics. Hillsides parenting classes meet DCF's and Family Court requirements and offers verification letters for participants who complete the sessions.

WHEN:

MONDAYS 6-7:30 P.M. AT OUR SAVIOUR CENTER

classes are in English and Spanish
child care offered at this time for children ages 3-up

Our Saviour Center

4368 Santa Anita Avenue

El Monte, CA 91731

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www.oursaviourcenter.org