

# **FREE PARENTING SKILLS CLASSES**

**for parents of children with special needs**

**12-week classes held Mondays in English / Tuesdays in Spanish**  
Starting Mon., Sept. 10, 2018 (Eng) and Tue., Sept. 11<sup>th</sup> (Span) 10am-12pm  
Free breakfast and snacks provided

**Free Childcare / Transportation Cost Assistance Available**



**Triple P (Positive Parenting Program) uses what you already say, think, feel and do, in new ways that:**

- Increase the behaviors you want to see
- Deal positively, consistently and decisively with problem behavior
- Build positive relationships with your children
- Plan ahead to avoid or manage potentially difficult situations
- Take care of yourself as a parent

## **CLASS SCHEDULE**

**English: Mondays from Sept.10<sup>th</sup> - Dec.10<sup>th</sup> (no classes on Oct. 8<sup>th</sup> and Nov. 12<sup>th</sup>)**  
**Spanish: Tuesdays from Sept.11<sup>th</sup> - Nov.27<sup>th</sup>**

## **ADVANCED ENROLLMENT REQUIRED**

**To enroll, call (415)920-5040**

**Classes offered at Support for Families**

**1663 Mission Street, Suite 700, San Francisco, CA 94103**

