

# MCH Family Outreach Free Parenting Classes

Together we will:

- Connect with other parents
- Learn new skills and strategies to support positive parent-child relationships
- Discuss topics such as communication, child and adolescent development, praise, self-worth, stress, discipline and self-care



Online Classes begin Wednesday June 22nd to July 27th  
3:00pm-5:00pm

**To sign-up, please contact MCH Family Outreach at 254-245-9911**

**Location: Microsoft Teams**