



7 Tuesdays ~ March 13<sup>th</sup> to April 24<sup>th</sup> ~ 5:30 - 7:30pm

# Parenting

Location: First Baptist Church  
812 Lassen Lane, Mt. Shasta

# NOW!



Facilitated by ~

*Patty Leal*



This research-based program is for families with children up to age 8 years and is designed around understanding child development, parenting and discipline styles, effective communication and how to deal with feelings and stress.

To sign-up for this FREE special series,  
please call the Mt. Shasta Community Resource Center at 926-1400.  
Delicious dinner and child care are provided!



*Patty Leal*

Patty Leal has cultivated an expansive career as an Educator, Nurse and Public Health Nurse that integrates all of the things she loves most; advocating for and providing in-home education to families, teaching childbirth and breastfeeding classes, conducting newborn home visits, and of course, motherhood.

In this special series, Patty will provide resources, skills and techniques to use when interacting with your children to help you be the best parent you can be!

Special thanks to these partners for financial contribution for this special program!

