

# ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

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## 4-Week Parenting Class

Monday evenings

October 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>

5:30 - Dinner

6:00-8:00 - Class

Free Admission

Free Childcare

Free Meal

Topics include brain development, ages & stages, parent-child bonding, growth mindset, dealing with tantrums, mindfulness, and more. Also includes parenting tools & strategies, along with some make-and-take projects.

Register at the Family Resource Center:

(970)526-2439

120 Main Street, Sterling CO

[executivedirector@frcsterling.com](mailto:executivedirector@frcsterling.com)

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For more information and sample videos, go to [www.ActiveParenting.com/FFY-parents](http://www.ActiveParenting.com/FFY-parents)