



# POSITIVE PARENTING COMMUNITY TRAINING ONLINE SERIES

Parenting can be challenging, but School Readiness is here to help! Join us online, AT NO COST, through Zoom as we discuss parent self-care tips and strategies.

**THURSDAYS, STARTING  
MARCH 9TH  
11:00 AM-12:00 PM  
OR 5:00 PM-6:00 PM  
VIA ZOOM**

SCAN TO REGISTER!



**MARCH  
9TH**

**Coping with  
Stress**

**MARCH  
16TH**

**Being a Parent**

**MARCH  
23RD**

**Supporting  
Your Partner**

**MARCH  
30TH**

**Balancing Work  
& Family**

Pre-registration required

To register or for more information, please contact Brenda Garcia at (714) 559-0798 or email [SR@ThePriorityCenter.org](mailto:SR@ThePriorityCenter.org)



StigmaFreeOC



**School  
Readiness**  
Bright Futures  
Start at Birth

Funded by: OC Health Care Agency (HCA), Mental Health and Recovery Services, Mental Health Services Act/Prop. 63.