

# ARE YOU A PARENT?

ONLINE CLASS



## YOU'RE INVITED TO EMPOWERED PARENTING

SHARING EXPERIENCES ABOUT PARENTHOOD IN AN ONLINE SPACE

Learn new skills and tools to use to better communicate with your child! Join us for a welcoming and fun class where we talk about how to empower ourselves as parents and support our kids.

- MONDAYS, 4/13-5/18 @ 5:30PM - ENGLISH
- ZOOM LINK: [HTTPS://ZOOM.US/J/215504651](https://zoom.us/j/215504651)  
(MEETING ID: 215 504 651)



You can download the **Zoom** app on your phone or computer for free



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