

# Find answers to your parenting questions

# Do you want to build a stronger relationship with your kids?

The Parent Project® is a 13-week class that gives parents, grandparents, and caregivers the tools to build strong and healthy families. *All classes are free!* 

## Sign up for the Parent Project® and get:

- · Resources to help you and your kids
- Tools to increase your child's success and attendance at school
- Tips to improve communication with your child
- Strategies to prevent their use of alcohol or drugs
- Practical tools that work for your family

SAN MATEO COUNTY HEALTH

# HEALTH SERVICES



#### DATES

#### **Classes start:**

**Wednesday, February 28, 2024** 6:00 pm – 8:30 pm

#### Virtual Via Zoom

Class dates: 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15

Class language:

#### **English**

### Register in advance:

Joselyn Bautista joselyn.bautista@star-vista.org (650) 208-2257







www.smchealth.org/ParentProject