



Join the ODE Parent Project®



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
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



DATES

Classes start:

Wednesday, October 4th, 2023

6:00 pm – 8:30 pm

Virtual Via Zoom

Class dates:

10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22,
11/29, 12/6, 12/13, 12/20

Class language:

English

Register in advance:

Brittany Afu
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(650) 513-0330



STAR VISTA



SAN MATEO
COUNTY
OFFICE OF
EDUCATION

www.smchealth.org/ParentProject