



# 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

### DATES

**Classes start:**  
**Thursday, September 9<sup>th</sup>, 2021**  
6:00 pm – 8:30 pm

#### Virtual Via Zoom

**Class dates:**  
9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 1/18, 12/2, 12/9

**Class language:**

**Spanish**

### Register in advance:

Eddy Caldera  
parentproject@star-vista.org  
(650) 554-0656



**SAN MATEO COUNTY HEALTH**  
**BEHAVIORAL HEALTH & RECOVERY SERVICES**

[www.smchealth.org/ParentProject](http://www.smchealth.org/ParentProject)