



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:
Tuesday, September 7th, 2021
6:00 pm – 8:30 pm

Virtual Via Zoom

Class dates:
9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7

Class language:

Spanish

Register in advance:

Alfred Pineda
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(650) 730-8492



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

www.smchealth.org/ParentProject