



## DETAILS

**Sundays 3-5pm**

Classes will be focused on

parenting ages 5-12

**May 11, May 18,**

**May 25, June 1,**

**June 8, June 15,**

**June 22, June 29**

**Abundant Life  
Church**

**305-307 Ellis Ave.  
Irvington, NJ**

## CONTACT

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**ext. 238**

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*We invite you to our parenting group where you can...*

- ✓ **learn new parenting ideas**
- ✓ **meet other parents**
- ✓ **receive support & encouragement**

**Parenting is hard. Let us guide you in your parenting journey!**

**Classes are FREE and include:**

- Refreshments
- Childcare
- Parent book
- Certificate of completion
- \$50 in TD Bank gift cards

**In 8 classes, you can learn ways to:**

- 1) become a proactive parent**
- 2) strengthen family relationships**
- 3) strengthen family communication**
- 4) encourage & motivate**
- 5) resolve conflicts effectively**
- 6) prevent & address misbehavior**
- 7) reduce family stress**
- 8) strengthen your financial future**

