

Please join us virtually as we explore parenting, build connections with other parents and explore the 5 protective factors of parenting.

## **5 Protective Factors**

- 1.Parental Resilience
- 2. Social Connection
- 3. Concrete Support in Times of Need
- 4. Knowledge of Child Development
- 5. Social and Emotional Competence

## Every Monday from 5:30-7pm Virtually March 21st-May 23rd

Workshops include weekly prize drawings and a certificate of completion!

## **Parenting Workshop Series Sign-up Form**

Parent Name	Child's School	
Email address		
Phone Number		

This series is open to a maximum of 20 families. To sign up please complete this form and have it returned to your child's school. You can also contact your child's school to be added to the list!



