

# NURTURING PARENTING PROGRAM

## Strengthen your family in the following 5 areas:

- \* Build **self-worth** and **appropriate expectations** through an increased understanding of child development
- \* Increase **empathy** and a **sense of caring** in parents and children
- \* Utilize **positive, non-violent discipline** practices and techniques
- \* Explore **family roles** and increasing self-awareness
- \* Develop **personal power** in both adults and children

## DINNER AND CHILD CARE PROVIDED!

Please call or email Iona for  
Pre-registration and Intake

**IONA LONG SOLDIER**

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## Our Vision

**"Generations of  
healthy and strong  
American Indian/  
Alaska Native  
children and  
families.**

—Denver Indian  
Family Resource  
Center

## Classes are held:

Thursdays from 5:00-7:30 pm.

Dinner from 5:00-5:30 pm.

Denver Indian Center

4407 Morrison Rd, Denver, CO,  
80219

## Next session begins:

Thursday, February 21, 2019

Classes are 10 weeks.

*\*Participants must attend at least 8  
classes to receive a certificate.\**

**MODERATOR**

**ALYSSA WILLIE**

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## Culturally Responsive

Culturally-responsive group discussions and nurturing time activities for American Indian/Alaskan Native families.

\* Classes are intended for both parents and children (6-17).

\* Families enjoy a nutritious meal together.

\* Child care (5 and under) and RTD bus tickets are available.

\* Gift Card Raffles!

