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!**

**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!

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

—Denver Indian Family Resource Center