



Are you a new or expecting parent? Do you want to learn how to control your stress and how to raise a successful child?

Join our SEEDLINGS class!

This is a 10 week class for expecting parents or parents with children ages 0-3 years old. In this course, the facilitator and participating parents will nurture together the seeds of hope, strength, knowledge and love within themselves and each other, as each family prepares to nurture a new child.



In this class you will:

- ⇒ Identify your parenting goals
- ⇒ Build your stress management tool kit
- ⇒ Build new friendships
- ⇒ Learn about your child's brain development

Starting, February 20, from 9:30 AM - 12:00 PM

At Unison's Alto Apartments

3033 W 72st Ave Suite 1000, Westminster, CO 80030

BREAKFAST AND CHILDCARE PROVIDED!

To enroll or for more information about the class please contact:

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