



150 Wolfe Road ~ Budd Lake, NJ 07828

★ **FREE PARENT EMPOWERMENT PROGRAM – for parents of any age child (Infant through School Age & Teens)**



◀ **Be LESS Stressed & Enjoy Parenting MORE** ▶

We provide the following at all 12 weekly sessions:

- An interactive learning environment via Zoom (with in person classes at the Center as possible)
 - Dinners delivered prior to each session
 - Child care as needed by trained professionals
- Systematic Training in Effective Parenting book, binder, & all materials needed
 - One-on-One, Weekly Mentoring
 - Ongoing support during & beyond the class

The Winter/Spring 2022 Cycle begins on Thursday, March 3rd

Class Times: 6:15 P.M. – 8:00 P.M.

Call 973-426-1525 – or send message to admin@mtolivechildcare or greuther@mtolivechildcare.org to sign up today!



Weekly in person sessions of the same program with Beatrice