



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 11 weekly sessions:**

- An interactive learning environment during weekly classes at the Center, which begin right at 6:00 P.M.
- Dinners available starting at 5:45 P.M.
- Child care as needed by trained professionals
- Systematic Training in Effective Parenting book, binder, and all materials needed
- One-on-One weekly mentoring
- Ongoing support during & beyond class

The Fall 2023 Cycle begins on

Wednesday, October 4th

Class time: 6:00 pm – 8:15pm

**Call 973-426-1525 – or send a message to**

**[admin@mtolivechildcare.org](mailto:admin@mtolivechildcare.org)**

**or [greuther@mtolivechildcare.org](mailto:greuther@mtolivechildcare.org) to sign up today!**



*Weekly in person sessions of the same program with Beatrice!*