



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 during weekly classes at the Center (with virtual classes via Zoom as needed)
- Dinner delivered prior to each session
- 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 Spring 2024 Cycle begins on  
Wednesday, March 6<sup>th</sup>**

**Class time: 6:00 PM – 8:15 PM**

**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!***