

PARENTS & BABIES COURSE

**WHEN: SEVEN CONSECUTIVE TUES-
DAYS**

**March 15th, 2022-April 26th,
2022**

**WHERE:
Zoom (3:15-4:15pm)**

**Questions or want to register?
Please Contact:
Gabriela Estrada (971) 306-6381**

***Meeting ID and Passcode for class will be
provided once you register**



- **UNDERSTAND-Your needs and your child's needs.**
- **LEARN-to manage self care within your circumstances.**
- **GAIN-confidence in building a healthy support system.**
- **PRACTICE-new ways to connect with yourself and**

**FREE VIRTUAL
COURSE**