



## Your parenting success is our mission.

Tailored to families with children aged 6–9, SPF is a group-based educational program led by certified parenting and family educators that equips guardians with practical tools, strategies, and support, empowering them to navigate parenthood with confidence and creativity, while nurturing healthy, enriching family dynamics.

### PROGRAM HIGHLIGHTS

- ★ **Session #1 Emotion Coaching: Help Your Child Regulate Stress & Their Emotions**
- ★ **Session #2 Navigating Intense Emotions & Meltdowns: Tools for Emotion Regulation**
- ★ **Session #3 Mindful Communication: Using Reflective Communication to Connect with Your Child**
- ★ **Session #4 Power of Positive Parenting: Effective Discipline Strategies**

#### Sharing Is Caring And Rewarding!



#### Invite friends to join and receive:

- **For You:** Choose between a \$20 discount on your program fee for each friend who signs up or a 25% credit towards FamilyKind's other programs.
- **For Your Friend:** A 25% discount on their registration as a new participant.

### SPF CLASS SCHEDULE

#### For Children Aged 6–9



Winter Semester:  
Feb – Mar 2025



Weekly on Tuesdays at  
1:30 to 2:30 PM ET  
: 2/18, 2/25, 3/4, 3/11

#### SAVE BIG with Full Session Registration!

Sign up for all 4 SPF classes and get **1 class FREE!**  
Each session is \$20.



Virtual Class



Affordable Sliding Fees

**REGISTER HERE**

