

# Positive Discipline Community Resources

# FREE

# TEEN MOM Parenting Class

**WHEN:** Mondays, April 13th to May 18th  
from 4:00 to 6:00 PM

**WHERE:** 1740 17th Ave, Santa Cruz  
Live Oak Family Resource Center

- **FREE** to attend
- **FREE** childcare
- **Snacks provided**
- **Open to all moms  
up to 21 years old**



## LEARN

- ✓ New ways to understand your children's behavior
- ✓ How to set limits with kindness and firmness at the same time
- ✓ Ways to encourage children to become more cooperative and capable
- ✓ Safety around the car, home, feeding, sleeping, and bath time

**Instructor:** Stephanie Tam Rosas (Certified Positive Discipline Parent Educator)

**Learn more/Register:** Call (831) 920-3835 Email: [tamrosas@gmail.com](mailto:tamrosas@gmail.com)

or visit [www.PDCRsantacruz.org/teenmoms](http://www.PDCRsantacruz.org/teenmoms)

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Positive  
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Resources

*Transforming Lives Through Respectful Relationships!*

Positive Discipline Community Resources is a local nonprofit dedicated to helping parents with respectful and effective tools that honor both the child and adult.