

Family Enrichment Program

Parenting Skills Program

Probation/Court Approved Classes

Insurance or \$10 per class

(Ask about assistance)

Tuesdays- 10:00-11:00 a.m.

Alpine Family Medicine

1620 Alpine Blvd. Alpine Ste. 118

(619) 445-6200 x 151

Mountain Health & Community Services is offering a 12-week (1 hour / week) group program that provides education and support to parents by increasing their parenting knowledge, improving attitudes about being responsible parents, and strengthening relationships between parents and their children.

Subjects include:

- . Healthy Child Development***
- . Importance of helping children develop healthy self-esteem***
 - . Recognizing and changing negative emotions***
 - . Stress Management***
 - . Problem Solving Skills***

Call MHCS at (619) 445-6200 x 151 for more information.

Program of Mountain Health & Community Services, Inc.

Behavioral Health Department