

# Parenting Mini-Series

EVIDENCE-BASED | COMMUNITY-CENTERED | SUPPORTIVE

Free for California Residents

- Sundays · 4:00 PM – 6:00 PM (PT)

Zoom ID: 846 7959 6226

This free, drop-in series is open to parents, caregivers, providers and anyone supporting youth ages 0–24.

Over the course of one month, participants complete **8 interactive modules**, designed to **strengthen family bonds**, reduce stress for parents, youth and caregivers, and **provide tools for navigating challenges**.

*Join us in a safe, supportive, and culturally responsive space to connect, learn, and grow together.*

## Core Components

- Achievement Orientation & Pyramid of Success
- Social Learning Theory Ideals
- Traditional vs. Modern Discipline
- Chit-Chat Time & Pride in Ethnicity
- Family Rules
- Effective Parenting Methods
- Special Program Topics
- Overcoming Barriers & Making Changes

## What You'll Learn

- ✓ Communicate with pride and confidence
- ✓ Practice positive discipline techniques
- ✓ Build strong routines to create **stability**
- ✓ Explore **journaling, art, and inner-child healing** as tools for growth

## Evidence-Based Parenting Program

Our EBPP promotes family pride, cohesion, and positive parenting practices through:

- **Achievement Orientation & Parenting Goals**
- **Effective Discipline Techniques**
- **Diverse, Culturally Attuned Methods**
- **Parent Home Activities & More**



For more information or to host a training for your organization, email [info@onenewheartbeat.org](mailto:info@onenewheartbeat.org) | Call 650-440-0567