

Free Parenting Workshop! First Five Years™

Includes materials, childcare and gifts for attending!

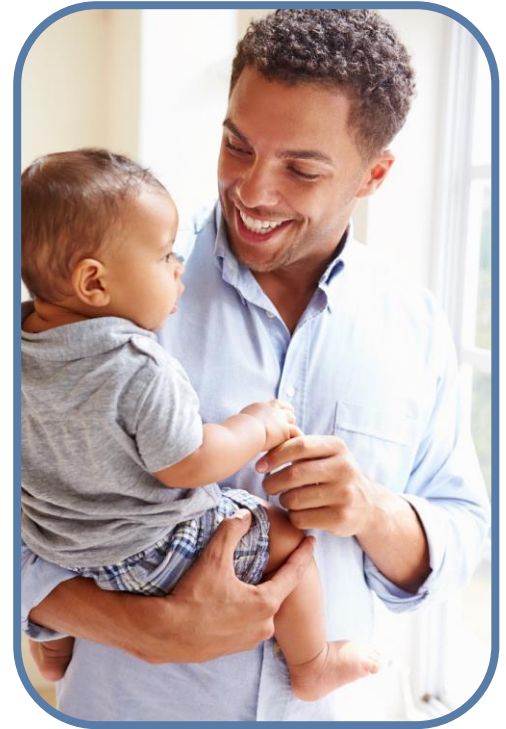
This monthly series will help you nurture your child with a “just right” combination of freedom and positive discipline.

Participate in First Five Years™ and learn:

- ❖ Your child’s development and growing brain
- ❖ Preventing tantrums and other problems
- ❖ Using mindfulness to keep calm
- ❖ Six ways to prepare your child for school success

Sign up today!

For parents and caregivers of children birth to age 5
Free & open to the public
Registration required



First Mesa Youth Center

Polacca, AZ 86042

Mondays, November 5, 12 & 19
5:00 p.m. - 7:00 p.m.

**For registration and directions,
contact:**

Ta Nee' Johnson

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SUPPORTED BY

 **FIRST THINGS FIRST**

We are Arizona's best resource for helping children and families!

For more information, visit us online at www.ArizonasChildren.org