

## Free Parenting Workshop! First Five Years™

**Includes materials and gifts for attending!**

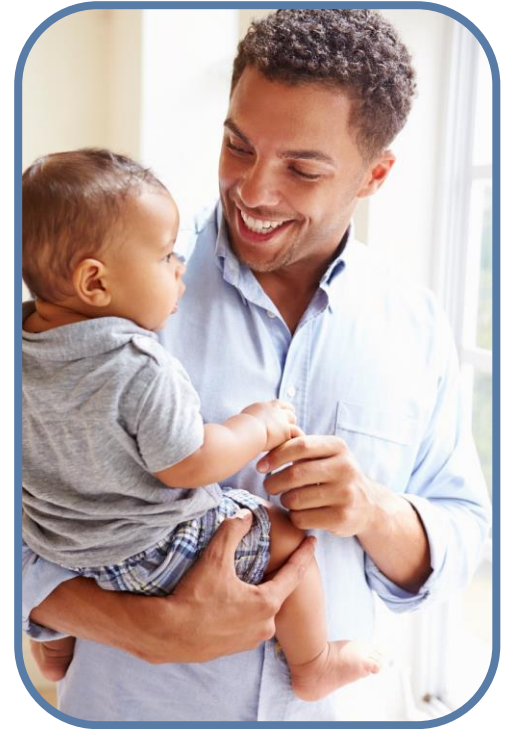
Parenting with a mindful approach to grow balanced children. Connect with other like-minded parents and gain invaluable support.

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



### Flagstaff Birth & Women's Center

401 W. Aspen Ave.  
Flagstaff, AZ 86001

### A Monthly Support Group

**Every 3<sup>rd</sup> Wednesday from 12:30-2:00**

### To Register, Contact:

**Walk-Ins Welcome**

**Ta Nee' Johnson**

928-284-8915

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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](http://www.ArizonasChildren.org)