



# Nurturing Parenting Program® Workshops

Online Monday Morning from 10:00-11:30am

Join us for 10 FREE Drop-In Sessions

Please email [FDC@cupscalgary.com](mailto:FDC@cupscalgary.com) or call (403) 221-8780 ext. 4 to register.

## Be the Best Parent You Can Be!

1 - The Philosophy and Practices of Nurturing Parenting	September 11, 2023
2 - Ages & Stages of Growth for Infants & Toddlers	September 18, 2023
3 - Ways to Enhance Positive Brain Development in Children	September 25, 2023
4 - Communicating with Respect	October 2, 2023
5 - Building Self-Worth in Children	October 16, 2023
6 - Understanding Feelings	October 23, 2023
7 - Understanding & Developing Family Morals, Values & Rules	October 30, 2023
8 - Praising Children & their Behavior	November 6, 2023
9 - Alternatives to Spanking	November 20, 2023
10 - Learning Positive Ways to Deal with Stress & Anger	November 27, 2023

*parenting*  
the nurturing way

