

YWCA Omaha helps women and their families build lives of strength, growth and stability.



Phone: 402.345.6555

222 S 29 St.

Omaha, NE 68131

www.YWCAOmaha.org

Parenting Classes

Love and Logic and Beyond...

This 10-week session focuses on teaching healthy, healing parenting skills.

Topics include:

- Breaking the cycle of abuse
- Becoming a *whole parent*
- Learning age-appropriate expectations for children
- Teaching responsibility
- Techniques for attachment and bonding

Cost information: \$60 total per session (includes 10 weeks of classes) or \$6 per class*

DHHS vouchers accepted with \$5.00 deposit from participant

Start date: Monday March 8, 2010

Time: Mornings from 10:00 a.m.—11:30 am.

Location: Project Harmony office

7110 F Street Omaha, NE 68117

Registration: Call Jill at **345-6555** to register or for payment information. *Financial assistance may be available.



