

# Life Skills Parenting Education Program



NEW BEGINNINGS  
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New Beginnings' Life Skills Parenting Education Program teaches critical hands-on parenting skills, mindfulness strategies and overall life skills to more than 100 low-income families each year who need practical tools to establish and maintain stability in their home environments. For more than ten years, this program has been offered at no cost through community centers and non-profit organizations that serve at risk youth and low-income families.

The Life Skills Parenting Education Program consists of a series of culturally-based therapeutic and psycho-educational classes, offered in six, eight or twelve week formats in both English and Spanish. The classes teach hands-on skills that help parents define effective parental roles, end destructive behaviors, shift their thinking, and develop new perspectives to improve their lives.

To request a group for your community organization, or for more information about the Life Skills Parenting Education Program, please contact:

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