



FOTM

COMMUNITY TRAINING CENTER

Educate. • Equip. • Empower. • Enrich. • Transform.

PARENTING *Journey* 1

12-WEEK VIRTUAL PROGRAM

The 12-week **Virtual Parenting Journey 1** program aims to boost the self-belief, skills, and emotional strength of parents and caregivers while fostering healthy family relationships. Helps parents explore the connection between how they were parented and how they are raising their children.



DATES: TUESDAYS

October 6, 2026 –
December 22, 2026



CLASS TIME

11:00 AM – 1:00 PM



REGISTRATION DEADLINE

Friday, October 2, 2026



**CERTIFICATES ISSUED
UPON COMPLETION!**

REGISTER TODAY!



Scan the QR Code
or visit:

[https://form.jotform.com/
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