

**Be The Best Parent You Can Be!**  
**Nurturing Parenting Classes**  
**Sponsored by RACCAP-Taught in Spanish**

**Register  
for  
Classes  
Now!**

**You Can**

- Be A Positive Parent
- Take Charge Of Your Behavior
- Develop Family Togetherness
- Establish Rules, Values & Morals
- Gain A Sense Of Personal Power & Self-Esteem
- Learn Effective Discipline Strategies
- Handle Stress & Anger

**You Can Be A Happy Family!**

**Bring the whole family and join a class  
TODAY!**

Nurturing Parenting Classes  
Taught in Spanish

15 Sessions – 2 1/2 hour each  
Beginning September 14, 2011

Wednesday Evenings

6:00 PM - 8:30 PM

Hillcrest United Methodist Church

2208 Lafayette Blvd.

Fredericksburg, VA 22401

Children's Program Provided

Dinner, Graduation and Incentives

Cost \$25 (refundable upon completion  
of classes)

**REGISTER TODAY!**



**Rappahannock Area  
Council For  
Children and Parents**



**CONTACT INFORMATION  
ANGIE WEIGERT/VICKY FUENTES**

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**Next Class begins on September 14, 2011**