



# PARENTING IS HARD! LET US HELP!

*Ontario High School and DJ  
Inspires are hosting virtual*  
**Purposeful Parenting Groups**

## THESE GROUPS WILL HELP YOU:

- Communicate better with your child
  - Build a trusting and loving relationship
- Understand one's needs as a parent
  - Discover the process of changing negative behavior in children
- Motivate your child to seek positive behaviors
  - Understand how to take better control of the family
- Develop a plan to be a better parent

### **Zoom Meeting ID:**

876 3753 0013

### **Passcode:**

OHSP

---

*When: Tuesdays*

*1/26, 2/2, 2/9, 2/16,*

*2/23 & 3/2*

*Time: 6 - 7:30 PM*