

FREE Parenting & Life Skills Program!

For Current or Expecting Mothers Ages 14-21

Free Diapers Given Away at Every Class!

Winter Cycle:
Jan.23rd-March 13th
Every Wednesday 6pm-7:30pm
Dinner and Childcare Provided

- Potential Topics :**
- Child Development
 - Breastfeeding 101
 - Self-Esteem/Self-Confidence
 - Communication Styles
 - Positive Parenting
 - Nutrition & Health
 - Domestic Violence
 - Sexual Health & Contraception
 - Healthy Relationships

We have wonderful incentives & a graduation celebration at the end of the program!



For Registration and Other Questions

Contact Konstance at
909-920-0453 ext. 107 or Konstance@FoothillFamilyShelter.org

Provided by Foothill Family Shelter and The Harold Edelstein Foundation

Location: 1501 W. Ninth St. Suite D Upland CA