

Join us for a brand new class: Parenting Inside Out

Parenting Inside Out is an 8-week certified, parent education program specifically designed for men and women who have been incarcerated, but the class is open to any interested mother. Join us in a supportive environment where all are welcome to learn, share and grow.

Topics covered include:

- Effective communication skills
- Problem solving
- Child development
- Brain development
- Child guidance
- Parenting through challenges

"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself." — Joyce Maynard



**The class meets Mondays and Wednesdays
1-3 pm, at the SFSD Women's Reentry Center
930 Bryant Street, San Francisco**

Sign up in person at the WRC or call 415-734-3150

One Family

a program of  **communityworks**

www.communityworkswest.org