



Active Parenting Class Schedule via Telehealth (Zoom)

Parents of 5-12 Year Olds: Mondays from 4pm to 6pm, 8/10/20 to 9/21/20 excluding 9/7/20 for Labor Day

Parents of Teens: Tuesdays from 4pm to 6pm, 8/11/20 to 9/15/20

Parents of 0-5 Year Olds: Tuesdays from 4pm to 6pm, 9/22/20 to 10/13/20

Contact Alicia Waltman, MA, LIMHP, LADC, LPC at HopeSpoke for more information or to make a referral at (402) 475-7666 or parentingprogram@hopespoke.org

Class fee is \$40.00; however, a scholarship may be available based upon screening criteria. Materials are included. An incentive for participants that attend all classes for their scheduled session

Telehealth format could vary depending upon COVID-19 restrictions and/or recommendations

The Active Parenting Program is made possible through the Community Health Endowment of Lincoln