



Parenting is hard.  
Let us help!

FREE  
PARENTING  
SUPPORT!

## Parents, Stay Positive!

If you have a child age 8 or under and want strategies for getting more of the behaviors you want and less of the behaviors you don't, we are here for you!  
**Family, Adult and Children First Council**  
is currently offering...

**Brief, one-to-one parenting support online or by phone on a wide variety of topics for parents and caregivers of young children.**

*Receive a \$10 gas card for participating!*

**For more information or to schedule  
call 740-652-7286 or email**

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