



# Empower Your Parenting Journey!

Join our class - free  
enrollment and materials.

- 10 Week Course
- Start Date: 1/6/2026
- 5:00 - 7:00 PM
- Via Zoom
- **Meeting ID: 810 6027 0408** Practical parenting techniques
- **Password: PFECP** Stress management for parents
- Building strong family bonds

## What You Will Get

Ms. John Parent Instructor (818) 227-5489

[john\\_steffani@lacoed.org](mailto:john_steffani@lacoed.org)

For Spanish Classes please call Mr. Rendon

(323) 607-0432

