

# EMPOWERING MOTHERS INITIATIVE

## Brighter Beginnings

"Every Family Matters"



## Asian Health Services

Oakland, CA



**and**

## ***IT IS NOT EASY TO BE A PARENT!***



*How can I raise a healthy, smart, and happy child?*

*How can I help my child to learn how to speak well?*

*How can I handle temper tantrums?*

*How can I discipline my young toddler?*



*How do I cope with the stress of being a new parent?*

If you would like more information and support with raising your infant or toddler, participate in our parenting group offered by Asian Health Services and Brighter Beginnings. You'll have the chance to learn from health professionals and from other parents. Also, you will receive help and information on obtaining affordable health insurance, a physician and regular checkups for your child, and many other resources that may help your child to grow and develop well. Together, we can help you and your child to flourish. Participation in this is group is **FREE**. Child care and food are provided.

**Classes are located at:**

**Brighter Beginnings, Early Head Start**

2595 International Blvd, Oakland CA 94609

**Contact: Muang Saephan**

Phone: 510-903-7535

