



FREE

PARENT EMPOWERMENT PROGRAM

*For parents of any age child
(Infant through School Age & Teens)*

Be LESS Stressed & Enjoy Parenting MORE!

We provide the following at all 12 weekly sessions:

- An interactive learning environment during weekly classes at the Center (with virtual classes via Zoom as needed)
- Dinner served prior to each session
- Child care as needed by trained professionals
- Systematic Training in Effective Parenting book, binder, and all materials needed
- One-on-One weekly mentoring
- Ongoing support during & beyond class

**The Spring 2025 Cycle begins on
Wednesday, March 5th
Class time: 6:00 PM – 8:15 PM**

Call 973-426-1525 – or send a message to admin@mtolivechildcare.org
or greuther@mtolivechildcare.org to sign up today!

Classes take place at:

**Mt. Olive Child Care & Learning Center
150 Wolfe Road
Budd Lake, NJ 07828**



[¿Habla español?](#)

Weekly in person sessions of the same program with Beatrice!