

## La Casa's Legacy for Children Program

*Pregnancy and motherhood is an exciting time, full of physical and emotional changes. Expectant women often have questions about these transformations as well as the upcoming birth. We believe that women who are well informed and are prepared with skills and strategies will have the confidence to create a calmer and more satisfying pregnancy and motherhood. Our prenatal and parenting education classes provide information and guidance to mothers as they make their way through these amazing transitions.*

## What is your Legacy?



***Legacy is parenting within a community of peers, where mothers decide what works best for their child and family as a whole. It is a learning process supported by a nonjudgmental and professional group leader.***

*This program covers a wide range of child development knowledge and parenting skills including: basic care, health, and safety- language and literacy – social and emotional skills – playing and learning-behavior guidance and limit setting-praise and encouragement-parent issues like stress and self-efficacy.*

When: First class will begin on Tuesday, October 20, 2015

Time: 11:00am-1:00pm

***Free transportation, lunch, incentives and childcare!***

Where: McKinley Elementary School, 1 Colonnade Pl, Newark, NJ 07104

For more information please contact Mrs. Johnston at 973-482-9002

