



The Engaged Parent Forums



Parenting is far from easy and often times things can get in the way of caring for our children in the best way possible. The Engaged Parent Forums explore several topics relevant to any parent, either struggling with the day to day care of their children, or looking for ways to improve and expand on their existing parenting skills. Join us as we support you on your journey in engaged parenting!

Engaged Parent Forum- Exploring How to Balance the Demands of Parenting.

- Children and parents are experiencing more and more stress. Learn how to create a balanced life.
- This forum is filled with tools and strategies that will help you and your family live a healthier and balanced life, free of stress.
 - Friday, February 15th, 2019- 9am-11am- Nipomo Library

Parent Forum Instructor

Erica Ruvalcaba-Heredia is a graduate of the University of Santa Barbara and earned her Master's Degree in Spanish and BA in Spanish and Latino and Iberian Studies. She holds a Doctorate in Organizational Leadership from the University of Laverne. Erica was the First 5 School Readiness Coordinator for over a decade, has taught classes at Allan Hancock College, oversees the Promotores Collaborative of San Luis Obispo County and currently serves as the Program Director at Center for Family Strengthening.

For registration, please call SAFE Nipomo Family Advocate-
Karina Ayala at: 805-474-2033 or send email to: karina.ayala@lmusd.org

****Childcare free of cost****



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