

Free Parenting Groups For Families with Young Children

Share a meal or snack each week!



Families First offers FREE parenting groups for parents of children ages birth through 3 years throughout Miami-Dade County in both English and Spanish.

Funded by The Children's Trust, our program enables you to learn more about child development and positive discipline from experts at the University of Miami.

Baby & Me

For parents of babies birth to 6 months
Classes meet once a week for 10 weeks

DISCUSS & LEARN WAYS TO:

- Understand your baby's language
- Help your baby grow & develop
- Take home FREE baby items

Create a FREE scrapbook for your baby

Meet other parents!

The Incredible Years

For parents of children 1-3 years
Classes meet once a week for 12 weeks

DISCUSS & LEARN WAYS TO:

- Build a positive relationship with your child
- Promote your child's social-emotional development
- Use positive discipline to set limits effectively
- Manage separations and reunions

Receive free ITEMS related to course material!



Families First

Registration is required and space is limited!

To register, please call

305.243.8425

or e-mail us at

FamiliesFirst@miami.edu

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FUNDED BY

The Children's Trust 


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