

FAMILY SKILL BUILDING CLASSES:

Understanding the Whole Child



Come to the Nambe Pueblo Wellness Center to Learn About:

- 1. Helping Your Child Build a Strong Brain**
Monday, April 2 · 6:00–7:00pm
- 2. Building a Strong Relationship with Your Child**
Monday, April 9 · 6:00–7:00pm
- 3. Helping Your Child Cope with Stress**
Monday, April 16 · 6:00–7:00pm
- 4. Mindful Parenting – Guidance with Love**
Monday, April 23 · 6:00–7:00pm
- 5. Learning Through Play Family Event with Nambe Pueblo Programs**
Thursday, April 26 · 5:00–8:00pm

A healthy dinner and free gift card will be provided for each family. All parents and children from Nambe Pueblo are welcome.

Babysitting is available.

Nambe Pueblo is hosting informative presentations to share knowledge with parents about early childhood development and building family connections. Topics in this culturally rooted series are based on interests expressed by community members to refresh or learn new parenting skills and gain a deeper understanding of their child in stages of growth.

Presentations will be made by Anna Marie Garcia, LANL Foundation Early Childhood Program Director, followed by Q & A discussions led by Jovanna Archuleta, Early Childhood Pueblo Outreach Coordinator.

CONTACT INFORMATION:

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About the Early Childhood Pueblo Outreach Project:

Children's experiences during their first three years critically impact how their brains develop and how they will interact with the world throughout life. At the request of the Eight Northern Indian Pueblos Council (ENIPC) Governing Board, and with support of Governor Phillip A. Perez and funding from the W.K. Kellogg Foundation, the LANL Foundation is working with the community to provide education on the importance of early childhood development and to promote resources available to parents.

lanlfoundation.org

LANL Foundation is a 501(c)(3) nonprofit with the mission to inspire excellence in education and learning in Northern New Mexico through innovative programming, collaboration, and advocacy.

