



Contact Us

Phone:

808-526-1222

1-800-816-1222

 The Parent Line

 @theparentline

Scan to Chat:



For more information please
visit our website at:
www.theparentline.org
Mahalo!


Child & Family
SERVICE
A Hawai'i born nonprofit since 1899



The Parent Line

Funded by the Hawai'i State Department of Health, Maternal and Child Health Branch

April Virtual Workshops:

• SELF-CARE FOR PARENTS

Thursday, April 3, 2025

@ 12:00 PM - 1:00 PM

Learn about the importance of self-care and how to self-care, with the whole family too.

• PRAISING CHILDREN AND THEIR BEHAVIOR

Tuesday, April 15, 2025

@ 4:00 PM - 5:00 PM

To increase your child's self-worth through praise or positive recognition.

• HELPING CHILDREN EXPRESS THEIR ANGER APPROPRIATELY

Thursday, April 24, 2025

@ 12:00 PM - 1:00 PM

To increase parents' ability to teach children healthy ways to recognize and express their anger.

• SAFE SLEEP

Tuesday, April 29, 2025

@ 11:00 AM - 12:00 PM

When babies sleep safely, parents rest easier. Learn some tips on how to ensure safe sleep for your baby.

*The virtual workshops are voluntary and intended for enrichment purposes.
Certifications and/or credits are not offered.*



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Attend our Virtual Workshops for a chance to win our

APRIL GIVEAWAY

A Self-care Kit! Which includes a Self-Care Journal, face, foot, and eye masks, and more!



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www.theparentline.org



**Items may vary*

1

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Contact The Parent Line (808) 526-1222 or chat on our website www.theparentline.org

2

Sign Up

Sign up for any virtual workshop during the month of April.

3

Attend

For each workshop you attend it will count as an entry for the giveaway. Mahalo and Good Luck!

Terms & Conditions: Must follow all rules. This giveaway is open to NEIGHBOR ISLAND Residents ONLY.

Winner will be randomly selected and will be notified via phone/email by April 30, 2025.

Winner must be willing to provide a mailing address and prize will be shipped to you for free.

Please contact us if you have any further questions at: (808) 526-1222.