



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!



A private nonprofit serving Hawai'i since 1899

The Parent Line

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

December Virtual Workshops:

SELF-CARE FOR PARENTS

Tuesday, December 5, 2023

@ 4:00 PM - 5:00 PM

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

SAFE SLEEP

Thursday, December 14, 2023

@ 11:00 AM - 12:00 PM

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

UNDERSTANDING DISCIPLINE

Tuesday, December 19, 2023

@ 11:00 AM - 12:00 PM

To increase parents' understanding of the concept of discipline.

INFANT'S BRAIN DEVELOPMENT

Thursday, December 28, 2023

@ 12:00 PM - 1:00 PM

To increase parents' knowledge of the importance of positive parent-child interactions.

*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

DECEMBER GIVEAWAY

A Self-care Kit! Which includes
"A Year of Self-Care Journal," face
masks, and more!



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Line (808) 526-1222
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Sign Up

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

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 December 29, 2023.
Winner must be willing to provide a mailing address and will be shipped to you for free.
Please contact us if you have any further questions at: (808) 526-1222.