



## 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](http://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

## January Virtual Workshops:

### **BUILDING HEALTHY EATING HABITS**

**Tuesday, January 9, 2024**

**@ 4:00 PM - 5:00 PM**

Learn how to build healthy eating habits with your keiki and learn about the importance of having a balanced diet and nutrition.

### **SAFE SLEEP**

**Thursday, January 11, 2024**

**@ 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.

### **IMPROVING SELF-WORTH**

**Thursday, January 18, 2024**

**@ 11:00 AM - 12:00 PM**

To improve and promote the importance of maintaining a parent's and child's self-worth and self-concept.

### **DEALING WITH STRESS**

**Tuesday, January 23, 2024**

**@ 12:00 PM - 1:00 PM**

Goal: To increase parents' ability to recognize and handle stress.

*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

# JANUARY GIVEAWAY

**A Baby Bath Kit!** Which  
includes a baby tub, diapers,  
a hooded towel &  
washcloths.



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## Sign Up

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

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## 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 O'ahu Residents ONLY. Winner will be randomly selected and will be notified via phone/email by January 30, 2024. Winner also must be willing to pick up prize at Child & Family Service – Ewa Campus.

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