



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

May Virtual Workshops:

• **UNDERSTANDING AND OWNING YOUR FEELINGS**

Thursday, May 8, 2025

@ 12:00 PM - 1:00 PM

Learn more about your own feelings and how to acknowledge and express them.

• **NURTURING PARENTING ROUTINES**

Tuesday, May 13, 2025

@ 4:00 PM - 5:00 PM

Learn ways to incorporate nurturing parenting techniques into your everyday routines and why they are so important to establish.

• **HELPING CHILDREN LEARN RESILIENCE**

Tuesday, May 20, 2025

@ 12:00 PM - 1:00 PM

To assist parents in helping their child exercise and strengthen their level of resilience.

• **SAFE SLEEP**

Thursday, May 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

MAY GIVEAWAY

A Graco® Pack 'N Play® Travel Dome™ LX OR a Halo® BassiNest® Flex™ Sleeper!



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Sign Up

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

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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 May 30, 2025.

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.