



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 private nonprofit serving Hawai'i since 1899

The Parent Line

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

May Virtual Workshops:

● **SELF-CARE FOR PARENTS**

Tuesday, May 7, 2024

@ 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**

Tuesday, May 14, 2024

@ 12:00 PM - 1:00 PM

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

● **UNDERSTANDING DISCIPLINE**

Tuesday, May 21, 2024

@ 11:00 AM - 12:00 PM

To increase parents' understanding of the concept of discipline.

● **UNDERSTANDING AND OWNING YOUR FEELINGS**

Thursday, May 30, 2024

@ 11:00 AM - 12:00 PM

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

*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 Baby Proofing Kit! Which includes Safety 1st® - Cabinet Slide Lock, Press Tab Plug Protectors, Grip 'n Twist Door Knob, and more!



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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 31, 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.