

You Are Your Child's Super Hero!



Parent Education, Classes, And Groups

Arbor Circle's Parent Education, Classes, and Groups offer a wide array of educational opportunities for parents seeking to enhance their parenting skills and knowledge. By participating in our educational offerings, parents can gain the tools and confidence needed to foster nurturing environments for their children's growth and development.

www.arborcircle.org or
[231.777.2222](tel:231.777.2222)

Receive Tips and Resources by Text

Because kids don't come with instructions! Receive tips, activities, and local resources right to your cell phone. Messages are targeted to your child's age.

Text THRIVE to 274448

Housing, food,
health needs?
call 211

Suicide & Crisis
Lifeline
988



Many free online segments about parenting including:

- **How Do You Help a Child Who Feels Stressed About Assignments and Grades?**
- **How Do I Help My Child Who's Addicted to Video Games?**
- **How Do I Handle Defiance of My Child?**

Parent Meetings, Learn, Play & Grow Groups, Parent Villages, Parent Cafes, Family Resources & Fun Events!

Join Other Parents and Caregivers in the Great Start Parent Coalition! You have everything it takes to give your child a great start, including help! Contact the Great Start Parent Liaison, Liz Londo at (231)299-0182 or elondo@muskegonisd.org for information about early childhood education services AND opportunities to get involved and use YOUR voice to make a difference!

www.muskegonisd.org/earlychildhood/greatstart/parents