

Mindful Nurturing Parenting Course for Caregivers of Children 0-5

- 8-week online video course
- Text support for parenting resources & questions
- 1-on-1 sessions with instructor

Parents who complete the course and submit the final survey may select a gift up to a \$40 value.

Options include items such as:

- Diapers
- Board Books
- Developmental Toys
- Formula
- Baby Necessities



530-645-2826



parentsupport@plumasruralservices.org

Plumas Rural Services

