

Nuu-chah-nulth Tribal Council's Usma presents

# Ñaañaačtuqḥsi

"Guide or to show the way"  
Parenting 101

Through modern and traditional guidance, Ñaañaačtuqḥsi (Parenting 101) focuses on self-trauma and developing parenting skills to help you be the best parent you can be.

This week-long program will be held from 9:00 am to 4:30 pm with two evening sessions on Tuesday and Wednesday from 7:00 pm to 8:30 pm with facilitators, Ramona Mark and Dave Jacobson.

Nuu-chah-nulth Tribal Council's Usma is bringing Ñaañaačtuqḥsi (Parenting 101) to your community!

Zeballos - September 16 to 20, 2024  
Kyuquot - October 7 to 11, 2024  
Port Alberni - October 21 to 25, 2024  
Mowachaht/Muchalaht - November 4 to 8, 2024  
Ahousaht - November 18 to 22, 2024  
Ditidaht - December 2 to 6, 2024

Tla-o-qui-aht - January 20 to 24, 2025  
Ucluelet - February 3 to 7, 2025  
Port Alberni - February 24 to 28, 2025  
Tseshaht - March 10 to 14, 2025  
Uchucklesaht - March 24 to 28, 2025  
Port Alberni - April 7 to 11, 2025

Requires 100% commitment  
Drug and alcohol free for duration of program  
Graduation certificate awarded upon completion of program

## MORE INFORMATION

Contact your facilitators, Ramona Mark or Dave Jacobson  
at 1-250-724-3232 or 1-877-722-3232

OR

Request a referral from your community family care  
workers or social workers

### Usma Family and Child Services

Tel: (250) 724-3232  
Toll-free: 1-877-722-3232  
Toll-free: 1-800-663-9122 (After Hours)

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