

## About F.R.E.E. Parent Education Program

This mission of the Synchrony Family Referral, Education and Empowerment (FREE) Parent Education Program is to help families help themselves, and to raise healthy children through family strengthening activities. This is achieved through a community partnership of agencies providing parenting education, training, family support, information, connections and referrals for all families.

Patricia Pullen, Program Coordinator  
Rebecca Santabañez, Admin. Assistant/Parent Educator  
Martin Hinojosa, Lead Parent Educator  
Patty Hernandez, Parent Educator

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Please contact us for a schedule of parenting classes available in your area.  
Classes are offered in English and Spanish.



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## Synchrony FREE Parent Education Program

### Strong Families Create Strong Communities

Synchrony FREE provides parenting classes throughout Tulare County that focus on improving the relationships between parent and child. The program uses both Parents Helping Parents and 24/7 Dad parent training curriculums that promote a positive environment, support and team building. Topics discussed throughout the training include:

- the importance of play
- effective limit setting
- healthy rewards
- how to communicate effectively with children
- problem solving with young children
- handling misbehavior
- praise and rewards

#### Resource Library

Synchrony FREE Parent Education invites you to visit the community/ parenting resource library. Parents and educators can take advantage of the library that has over 800 books and videos available for checkout. Resources available on many subjects such as parenting, child development, anger, violence, relationships, grief and conflict resolution.



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