

# March Workshops



**ALL SERVICES ARE FREE**  
**No formal referral needed**  
Attendance certificates and incentives are provided to participants



## Shopping with Children

**March 12 · 6:30 PM PT**

**Location:** Virtual via Zoom

**Age group:** 0-12



## Hassle-Free Mealtimes

**March 20 · 6:30 PM PT**

**Location:** Virtual via Zoom

**Age group:** 0-12

**Virtual meeting link:** <https://zoom.us/j/95416757921>

For referrals or more information:



[gobhi.org/triple-p](http://gobhi.org/triple-p)



541-256-4692 (call or text)



[triplep@gobhi.org](mailto:triplep@gobhi.org)



Triple P - Eastern Oregon



[TripleP-Parenting.com/easternoregon](http://TripleP-Parenting.com/easternoregon)

