



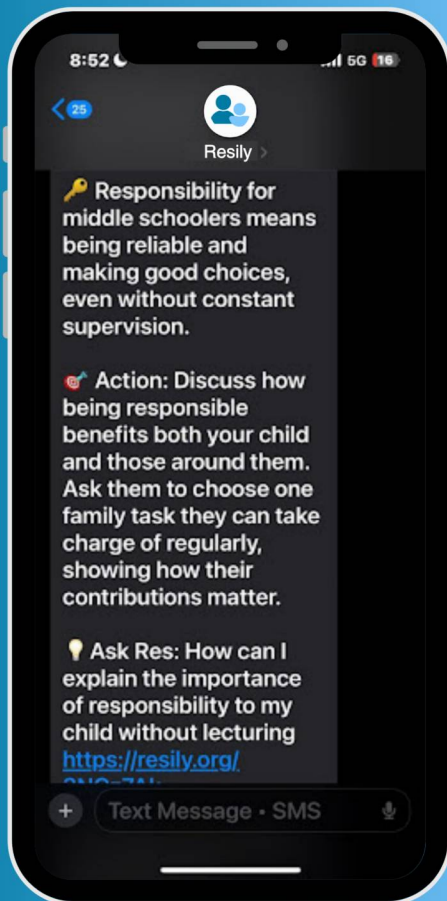
# Free Empowered Parenting Courses Delivered to Your Phone

Brought to you by **Hastings WAY** and Resily

Navigate the challenges and develop skills to become an empowered parent through 7-10 day text messaging mini-courses on the topics most important to you and your children - all at absolutely no cost to you.

We know how busy you are, so we keep it simple: **Each Course Includes:**

One daily text message with a targeted skill or lesson, links to accompanying articles, and an optional AI parenting bot for additional guidance.



**Courses on a range of topics including:**

- Instilling Grit and Resilience
- Fostering Responsibility and Accountability
- Developing Routines and Organization
- Creating Confidence
- Navigating Social Media (HS only)
- Managing Screen Time
- Enhancing Emotional Intelligence
- Cultivating Gratitude
- Promoting Healthy Athletics
- Encouraging Dinner Conversations
- Supporting Mental Health Awareness
- Preventing Substance Use

**SCAN THE QR CODE:**



**Get Started Easily:**

To access our courses, simply scan the QR code below or text "Courses" to [+1-844-972-3883](tel:+18449723883) and start receiving helpful parenting tips directly to your phone, absolutely free. Stop anytime.