



LIFE CHOICES  
CENTER

# Smart Choices

Parenting Classes & Mentoring Program

Come learn with us!

We'll talk about:



Bonding



Nutrition



Home Safety



Teaching Limits with Love



Drugs and Pregnancy

... and much more!

[lifechoicescenter.org/services/support-services/](http://lifechoicescenter.org/services/support-services/)

Weekly schedule and details on back!

# Smart Choices

Classes are held virtually  
on the following days/times:

Wednesdays at 3 p.m.

Thursdays at 10 a.m.

Text/Call 607-205-8506

for more information or to register!

All classes are FREE, evidence-based, and  
recognized by Broome County Family Court



Serving Greater Binghamton since 1992!  
Located at 93 Oak Street, Binghamton  
[LifeChoicesCenter.org](http://LifeChoicesCenter.org)