

# RCPC VIRTUAL CLASSES

Spring/Summer 2020

## STRENGTHENING FAMILIES

**A 10 week program**  
**Mondays May 11<sup>th</sup>- July 13<sup>th</sup>**  
**4:00-5:00 PM**

If you are looking for better ways to connect with your kids and strengthen your family's bond, this is the session for you! Positive, helpful insights, and activities for every family.

## SCREAM FREE PARENTING

**A 6 week program**  
**Tuesdays May 12<sup>th</sup>- June 16<sup>th</sup>**  
**1:00- 2:00 PM**

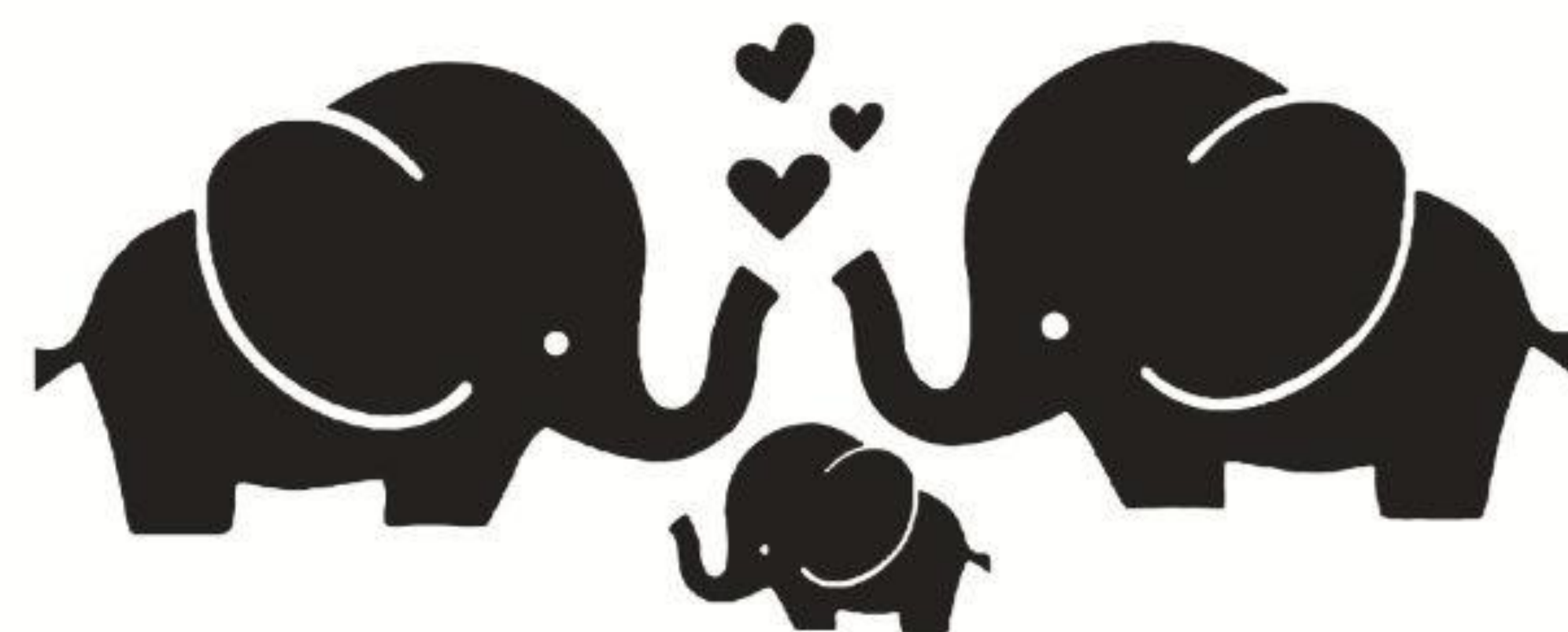
Learn how to parent out of your integrity by staying calm, cool, and connected. Learn how to curb your emotional reactivity (whether you blow up, cave in, or check out) so that you can have a relationship with your child and save some of your energy! This class is a four-part series over six weeks.

To Register call 456-9030

## RCPC PARENTING HOTLINE

**The project was developed by the RCPC staff to serve our community during this time of crisis and uncertainty. Staff operators will be available to share resources, information, parenting ideas and help with family problem solving.**

**7 days per week 8am to 12am**  
**456-9099**



All Classes will be offered online through Zoom. With video or call in capability.

## SCREAM FREE TEEN

**A 6 week program**  
**Thursdays May 14<sup>th</sup> - June 18<sup>th</sup>**  
**5:00-6:00 PM**

Learn how to parent out of your integrity by staying calm, cool, and connected. Learn how to curb your emotional reactivity (whether you blow up, cave in, or check out) so that you can have a relationship with your teen and save some of your energy! This class is a four-part series over six weeks.

## POSITIVE SOLUTIONS

**A 6 week program**  
**Tuesdays May 12<sup>th</sup>- June 16<sup>th</sup>**  
**5:30-7:00 PM**

Put a positive twist on your parenting! The purpose of this program is to equip you with positive yet effective parenting behaviors and techniques. This results in improved social and emotional development of your child(ren) and clearer, better communication in your family and home.