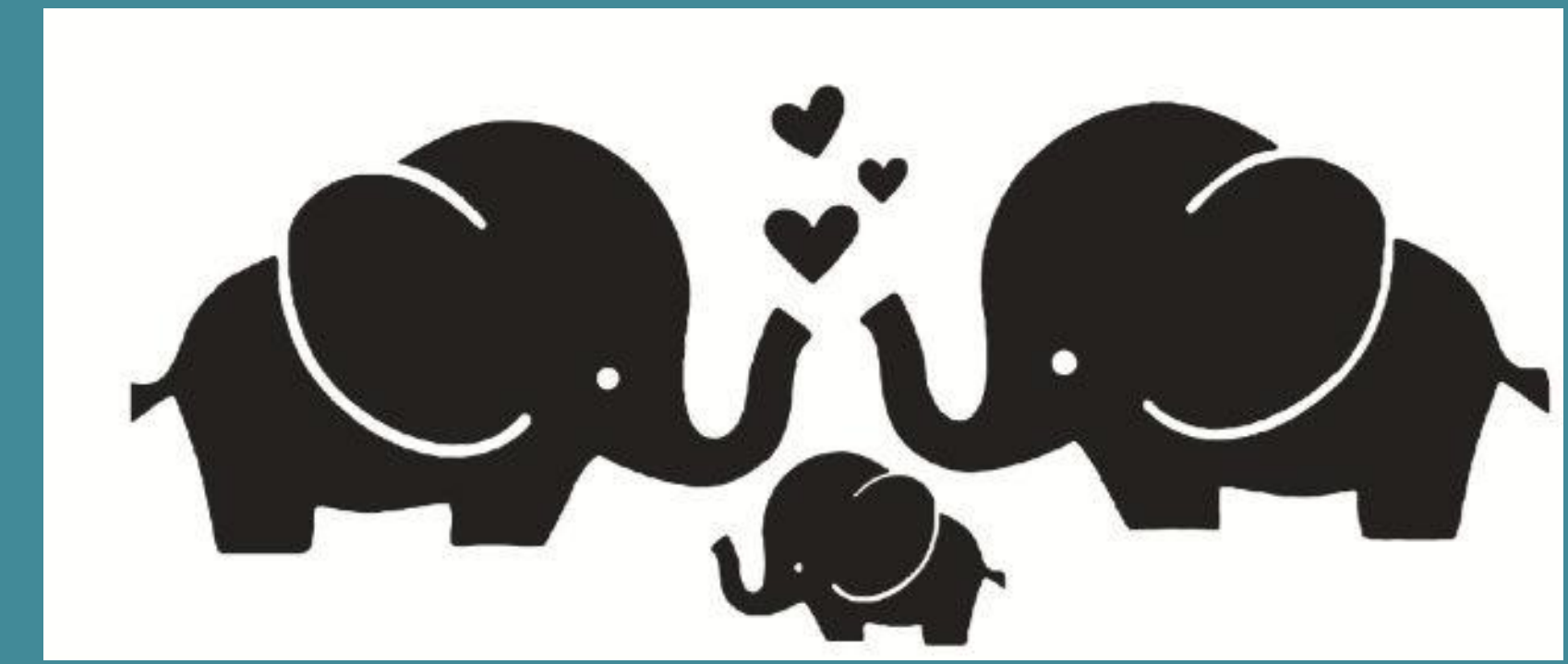


All Classes will be offered online through Zoom.

RCPC VIRTUAL CLASSES

Winter 2021



NURTURING FATHER'S

9 Session Class

Wednesdays- 5:30-6:30pm

January 6th- March 3rd

Fathers play such an important role in their children's lives. This is a class to specifically target the unique issues about being a father. This 9 session class will give fathers an opportunity to learn about how to support their children's development, as well as talk about parenting as a father.

SCREAM FREE PARENTING

A 6 week program

Mondays 4pm-5pm

January 25th- March 8th

No class February 15th

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.

RCPC PARENTING HOTLINE

This 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 8pm

456-9099

STRENGTHENING FAMILIES

A 10 week program

Mondays 5:30-6:30 PM

January 4th - March 22nd

No class 1/18 or 2/15

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.

To Register call 456-9030

SCREAM FREE TEEN

A 8 week program

Thursdays 1:30-2:30 PM

January 7th- February 25th

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 5:30-7:00 PM

January 12th- February 16th

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.