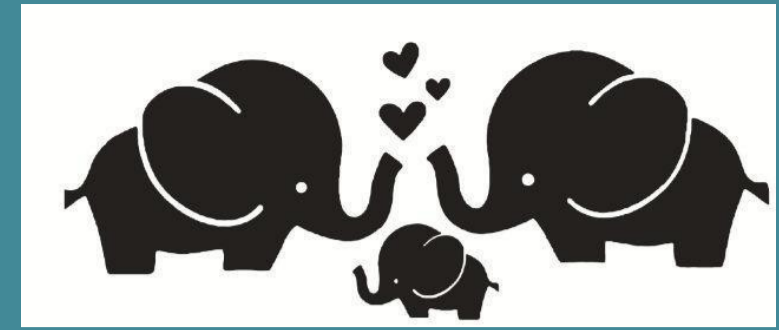


All Classes will be offered online through Zoom.

RCPC VIRTUAL CLASSES

Spring 2021



NURTURING FATHER'S

9 week program

Wednesdays 5:30-6:30PM

Sept. 29th – Nov. 24th

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

6 week program

Thursdays 5:30-

6:30PM August 26th –

Sept. 30th

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

Monitored 5 days per week

9:00AM-5:00PM

907-456-9099

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.

STRENGTHENING FAMILIES

10 week program

Mondays 3:00-4:00PM

Sept. 13th – Nov. 15th

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. This course designed is for parents with children age 3 and up.

SCREAM FREE TEEN

8 week program

Mondays 4:00-5:00PM

August 23rd – Sept. 18th

No class Sept. 6th

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 eight weeks.

POSITIVE SOLUTIONS

6 week program

Wednesdays 12:00-1:30PM

Sept. 1st – Oct. 6th

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.

To Register call 456-9030