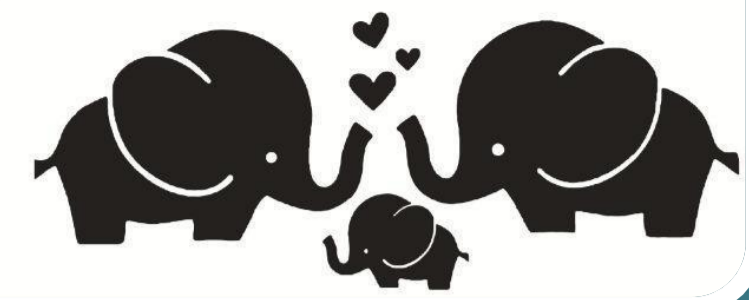


All Classes will be offered online through Zoom.

RCPC VIRTUAL CLASSES

Winter 2021/22



NURTURING FATHER'S

9 Week Program

Wednesdays 5:30-6:30 pm

Jan. 5th – March 2nd

Fathers play an important role in their children's lives. This is a class that specifically targets 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

Wednesday 12:30 - 1:30 pm

Dec. 15th - Jan. 19th

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 eight weeks.

Circle of Security Parenting

8 Week Program

Wednesday 12:00 - 1:30pm

Dec. 15th – Feb. 2nd

Circle of Security Parenting is a attachment-based parenting education program that helps parents better understand and build on their relationships with their children. This 8 session program supports parents to understand their child's emotional world by learning to read emotional needs.

STRENGTHENING FAMILIES

10 Week Program

Mondays 3:00 - 4:00 pm

Dec. 13th – Feb. 21st

*Dec. 27th – Closed/No Class

If you are looking for better ways to connect with your children and strengthen your family's bond, this is the session for you! Positive, helpful insights, and activities for every family. This course is designed for parents with children age 7 and up.

SCREAM FREE TEEN

6 Week Program

Tuesdays 5:30-6:30 pm

Dec. 7th – Jan. 11th

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

6 Week Program

Fridays 3:30 - 4:30 pm

Jan. 7th – Feb. 11th

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