



All Classes  
are FREE



## VIRTUAL CLASSES

Spring 2023

To Register call 456-9030

### Circle of Security Parenting

#### 8 Week Program

Thursdays 5:30 pm – 7:00 pm  
May 4<sup>th</sup> to June 22<sup>nd</sup>

Circle of Security Parenting is an attachment-based parenting education program that helps caregivers build relationships with their children. This eight-session program supports caregivers in understanding their child's emotional world by learning to read emotional needs.

\*Limited Space

**Classes will be offered  
online through Zoom.**

### Active Parenting of Teens

#### 6 Week Program

Wednesdays 10:00 am - 11:30 am  
May 3<sup>rd</sup> to June 21<sup>st</sup>

For caregivers of preteens and teens, this video and discussion program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. Each session shows caregivers how to handle sensitive issues such as drugs, sexuality, and violence.

### Scream Free Parenting - Teens

#### 6 Week Program

Class #1:

Fridays 12:00 pm - 1:30 pm  
May 12<sup>th</sup> to June 16<sup>th</sup>

Class#2:

Mondays 5:00 pm – 6:30 pm  
May 8<sup>th</sup> to June 12<sup>th</sup>

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.

### Positive Solutions

#### 6 Week Program

Tuesdays 10:00 am - 11:00 am  
May 2<sup>nd</sup> to June 6<sup>th</sup>

Put a positive twist on your parenting! This class aims to equip caregivers with positive and effective parenting behavior techniques. These improve your children's social and emotional development while providing a better understanding of how children communicate with us. Caregivers will better understand what behavior means from children and how to handle it.