



VIRTUAL CLASSES

FALL 2023

Circle of Security Parenting

8 Week Program

Class A:

August 28th to October 16th

Mondays 5:30 pm to 7:00 pm

Class B:

September 6th to October 25th

Wednesdays 9:30 am to 11:00 am

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.

**All classes are
FREE**

To Register call 456-9030

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

Positive Solutions

6 Week Program

September 6th to October 11th

Wednesdays 4:00 pm to 5:00 pm

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 for children and how to handle it.

Active Parenting of Teens

6 Week Program

August 31st to October 5th

Thursdays 4:00 pm to 5:30 pm

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.