

Classes will be offered online through Zoom.

RCPC VIRTUAL CLASSES

2023

Circle of Security Parenting

8 Week Program

Mondays 5:30 pm – 7:00 pm
October 30th – December 18th

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

*Limited Space

Positive Solutions

6 Week Program

Wednesdays 5:30 pm - 6:30 pm
November 8th – December 13th

Put a positive twist on your parenting! This class aims to equip parents 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. Parents will better understand what behavior means from children and how to handle it.

Scream Free Parenting

6 Week Program

Fridays 10:00 am - 11:00 pm
November 3rd – December 15th
*No Class November 24th

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) to have a relationship with your child and save some of your energy! This is a six-week DVD program applicable for all ages.



To Register call 456-9030

Active Parenting of Teens

6 Week Program

Tuesdays 3:30 pm - 5:00 pm
November 7th – December 12th

For parents 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 parents how to handle sensitive issues such as drugs, sexuality, and violence.