

All classes will be offered online through Zoom.

# RCPC VIRTUAL CLASSES

2024

## Circle of Security Parenting

### 8 Week Program

Thursdays 2:00 pm to 3:30 pm  
February 8<sup>th</sup> to March 28<sup>th</sup>

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 to 6:30 pm  
February 7<sup>th</sup> to March 13<sup>th</sup>

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

Mondays 10:00 am to 11:00 am  
February 5<sup>th</sup> to March 11<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) 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  
907-456-9030

## Active Parenting of Teens

### 6 Week Program

Fridays 10:00 am to 11:30 am  
February 9<sup>th</sup> to March 15<sup>th</sup>

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.