

## ACTIVE PARENTING OF TEENS (APT)

For caregivers of preteens and teens, this video and discussion program provides caregivers 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.

Tuesdays

08/27/24 to 10/08/24

9:30 AM to 11:00 AM

## CIRCLE OF SECURITY PARENTING (COSP)

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.

Wednesdays

08/28/24 to 10/28/24

5:30 PM to 7:00 PM



## Virtual Parenting Classes

Fall of 2024

**SIGN UP FOR APT  
BY SCANNING  
THE QR CODE  
BELOW**



**SIGN UP FOR  
COSP BY  
SCANNING THE  
QR CODE BELOW**



QUESTIONS OR NEED  
HELP?

Call 907-456-9030