

Sign up for one or both of our free parenting classes!

Classes take place on Zoom!

To register, scan the QR Code(s) for the class you want to take or go on our website!

## Active Parenting of Teens

TUESDAYS  
FROM  
02/03/26  
TO  
03/10/26

1:00 PM TO 2:30 PM

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

## Active Parenting of Teens



## Circle of Security Parenting



## Circle of Security Parenting

WEDNESDAYS  
FROM  
02/04/26  
TO  
03/25/26

5:30 PM TO 6:30 PM

Add a positive twist to your parenting with this class, which focuses on effective techniques for promoting emotional development and understanding behavior. This class aims to help caregivers understand children's development, communication, and how to support desired behavior.

Questions?



EMAIL: [NSNYDER@RCPCFAIRBANKS.ORG](mailto:NSNYDER@RCPCFAIRBANKS.ORG)