



## Directory of Parenting Classes

### Prevention Workshops – 2 Hour Sessions

Class Name	Class Description
Parenting for Drug Prevention	Learn ways to recognize the warning signs of drug abuse and strategies to help your child resist drug and alcohol use.
Drug-Free Living for Teens	Learn strategies to empower your teenager to live a drug-free life.
Parenting for Violence Prevention	Learn ways to help your child deal with potentially violent situations.
Violence-Free Living for Teens	Learn strategies to help your teen improve anger management skills, conflict resolution, and communication.
Preventing Child Abuse	Learn strategies for coping and managing your stress to avoid crisis situations.
Managing Your Stress	Learn techniques for reducing stress.
Parenting for Nutrition and Fitness	Learn about eating disorders, their causes, and ways to help your child develop healthy habits.

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### Early Childhood for Parents of children age 0 to 5 years 6 to 8 week class. Meets 2 hours per day – 2 sessions per week

Families Building Better Readers	Learn how to create a home environment that is conducive to learning and support your child develop pre-readiness skills.
Intellectual Development: What You Can do to Help	Learn strategies to help your infant or toddler develop their intellectual skills.
Social and Emotional Development: Building the Child's Foundation	Learn strategies to help your infant or toddler develop positive behaviors.
Teach Your Child Positive Behavior Skills	Learn strategies for reinforcing your child's positive behavior.
Crossing the Line	Learn to recognize and prevent the warning signs of child abuse.

Mind in the Making: Conscious Discipline	Learn strategies to assist your child to develop positive behaviors through the use of praise.
Parenting a Child With Special Needs	Learn strategies to cope with the stresses of parenting a child with special needs.

**Parenting Children ages 6 to 12. – Meets for 2 hours each session**

Communication that Work	Learn communication skills that help strengthen your parent-child relationship.
Building Character, Courage, and Self Esteem	Learn how to impart essential values and encouragement while building on your child's strengths.
Effective Discipline	Learn proven non-violent discipline techniques that strengthen responsibility.
Teach Your Child Positive Behavior Skills	Learn strategies for reinforcing your child's positive behavior.
Teach Your Child to be SMART	Turn your child into a Wiz-Kid. Learn to develop your child's intelligence.
End Power Struggle	Identify what a child really wants when he misbehaves, and learn how to diffuse a power struggle.
How Safe is Your Child	Learn about child predators and how to keep your child safe.
Prevent Bullying	Learn tips for helping your child develop anger management skills, and conflict resolution strategies.

**Parenting Teen Workshops  
Meets for 2 hours each session**

<b>Class Name</b>	<b>Class Description</b>
Your Parenting Style and Your Teen	Learn about different parenting styles and explore the pros and cons of each.
Effective Communication	Learn how to avoid mixed messages and explore effective models of communication.
How to Effective Discipline Teens	Learn about proven discipline techniques and how to express your wishes using non-confrontational messages.
End Power Struggles with Your Teen	Explore 5 subconscious goals of teen behavior, power struggle and how to conduct problem-prevention, problem-solving talks with your teen.
Your Teen's Success Cycle	Learn about the "think-feel-do" cycle and how it affects your teen's decision-making process.

**Grandparents / Foster Parents Parenting Workshops**  
Meets for 2 hours for 4 session

Grandparents: Raising Grandchildren	Learn how to parent the second time around and about available resources to care for your grandchild.
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**Adult Continuing Education Workshops:**

<b>Class Name</b>	<b>Class Description</b>
Workforce Readiness	Acquire the workplace skills employers' rate as the top 10 essential skills for all prospective employees and how to get and keep a job.

Resume Writing and Preparing for Job Interviews	Learn strategies for marketing yourself successfully to potential employers, increasing the likelihood of obtaining your dream job.
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**Technology – You and Your Family**  
2 hours each session – 2 sessions

Internet Safety for Families	Learn how to communicate openly with your children and understand the internet's dangers.
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Internet Safety for Teens	Learn strategies for avoiding on-line scams, defeating cyber bullying, and keeping away from on-line predators.
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Sexting: Safeguarding Children from Misuse of Technology	Learn about ways children use technology to send inappropriate pictures and the consequences they face for this action.
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**Financial Success Workshops**  
2 hours each for 4 session

ABC's of Making and Managing Money for Teens	Learn ways to assist your teen to make and manage their money.
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Making the Most of The Money You Earn	Learn about ways to make your money work for you.
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Understanding and Repairing Your Credit	Learn how to use your credit effectively and how to repair damaged credit.
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How to Start, Finance, and Run Your Own Business	Learn ways to become your own boss.
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How to Get Out of Debt and Stay Out of Debt	Learn ways to decrease your debt and avoid the pitfalls of acquiring debt.
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