



Make Parenting A Pleasure

This is a parenting skill workshop designed to support both Moms and Dads with children of all ages. You will learn new positive discipline and communication techniques to help you become a parent with a positive outlook. You will leave this workshop with new parenting techniques and support for yourself as a parent.

This workshop also counts as a Parenting Class for Children's Protective Services and Juvenile Court.

**Tuesday and Thursday
10:00 a.m. - 12:00 p.m. (noon)**

Class #1	8/9/11	Getting Started/Class Overview
Class #2	8/11/11	Nurturing: Taking Care of Ourselves
Class #3	8/16/11	Understanding Stress
NO NEW STUDENTS WILL BE ADMITTED TO THIS WORKSHOP AFTER CLASS #3		
Class #4	8/18/11	Stress & Anger Management Techniques
Class #5	8/23/11	Managing Anger, Modeling Alternatives
Class #6	8/25/11	Nonverbal Communication
Class #7	8/30/11	Communication & Listening
Class #8	9/1/11	Verbal Communication
Class #9	9/6/11	Child Development, The Basics
Class #10	9/8/11	Discipline: Laying the Foundation
Class #11	9/13/11	Discipline: Parent's Toolbox
Class #12	9/15/11	Discipline: Challenging Behaviors
Class #13	9/20/11	Self Esteem & Graduation/Certificates

In order to receive credit for attending each class, students will:

- Enter the classroom no later than 10:10am
- Stay for the entire class until the instructor dismisses the class
- Participate fully in class including discussions and group activities
- Fully complete all paperwork the instructor requires

The Effort North Highlands
Birth & Beyond Family Resource Center
6015 Watt Ave Suite 2
North Highlands, CA 95660

For more information, please call (916) 679-3925.



Funding for Birth & Beyond Family Resource Centers is provided by the First 5 Sacramento Commission which used Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.

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