

Parenting Classes

Classes for adults raising children ages 0-18
Currently meeting via Google Meet



0-2-year-olds Promoting First Relationships

Promoting First Relationships is a program for expectant parents and those raising children 0-2 years old.

Participants will learn specific strategies to nurture the social and emotional development of young children, laying the foundation for healthy relationships throughout life.



3-7-year-olds The Incredible Years

The Incredible Years program helps parents meet the social and emotional needs of children ages 3-7 years old.

This parenting class uses a curriculum that focuses on increasing positive interactions between parent and child. Each session provides education, discussion, and support.



8-12-year-olds Parent Project Junior

Parent Project Jr. (for parents of 8-12-year-olds) and Parent Project Sr. (teens) are classes that not only deliver new skills and insights, but also rekindle hope.

Both classes offer step-by-step action plans to take immediate steps toward preventing or intervening in children's high-risk choices.

Parent Project Jr. uses the same principles as Parent Project Sr., but is adapted to meet the needs of younger children.



Teens Parent Project Senior

Goals:

- Reduce Family Conflict
- Reduce Juvenile Crime & Recidivism
- Improve School Attendance & Performance

Issues Addressed:

- Arguing & Family Conflict
- Poor School Performance
- Truancy & Dropouts
- Media Influences
- Early Teen Sexuality
- Teen Drug Use
- Youth Gangs
- Teen Violence & Bullying
- Runaways