

PARENT EDUCATION



NEW CLASSES! STEP (SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

We believe that being an effective parent is one of the most rewarding and challenging tasks in life. STEP provides a practical approach to raising children. These new classes will help improve your parenting skills. Call 421-4155 for information.

STEP—PARENTING YOUNG CHILDREN (9-24 MONTHS)



Parents and toddler attend this class together.

Stumbaugh MONDAYS FEE: \$30/Session RM KB

Session 1

9/13-12/13 9:30-11:30 am 070722

No class 11/22

Session 2

1/24-5/9 9:30-11:30 am 070724

No class 2/21, 3/28, 4/4

STEP—PARENTING YOUNG CHILDREN (24-36 MONTHS)



Parents and toddler attend this class together. The principles and skills in this class can help you feel more confident in your parenting role. This class will provide: a look at the long term goals of parenting; information on how young children think feel and act; skills that can increase your child's self-esteem and confidence; support for yourself, as a parent and as a person; effective ways to teach cooperation and discipline; Baby Sign will provide practical tips to help you and your child begin signing. With *Parenting Young Children*, you can meet the challenge and the opportunities with confidence.

Stumbaugh MONDAYS FEE: \$30/Session RM KB

Session 1

9/13-12/13 12:00-2:00 pm 070720

No class 11/22

Session 2

1/24-5/9 12:00-2:00 pm 070726

No class 2/21, 3/28, 4/4

STEP—PARENTING CHILDREN OF ALL AGES (BIRTH THROUGH 19 YEARS)



This course covers the stages of child development and stress reduction; self-dignity and confidence; breaking the cycle of addiction and violence; meets CPS court requirements.

Banks TUESDAYS FEE: \$25 RM KB

Session 1

8/10-10/26 5:30-7:30 pm 070741

Session 2

11/2-2/1 5:30-7:30 pm 070743

Session 3

3/1-5/31 5:30-7:30 pm 070745

Additional Parent Ed Classes

If interested in on-line Parent Education classes, please call Cheryl Stumbaugh at (707) 422-7016.

For information on Anger Management classes, please call JoAnn Banks at (707) 642-2514.

STEP—PARENTING TEENAGERS



We believe that the rewards of parenting teenagers can far outweigh the challenges. With skills and understanding, you can guide your teen to be responsible, cooperative and independent. Even parents *facing serious problems* with teens can find more effective ways to get along with and help their teenager. Parenting Teenagers provides a practical approach to help you do this.

Banks WEDNESDAYS FEE: \$25 RM KB

Session 1

8/11-9/29 5:30-7:30 pm 070751

Session 2

10/6-12/1 5:30-7:30 pm 070753

Session 3

1/12-3/2 5:30-7:30 pm 070755

Session 4

4/13-6/1 5:30-7:30 pm 070757

PEACE (PARENT EDUCATION AND CUSTODY EFFECTIVENESS)



Create an effective co-parenting relationship between divorcing and separating parents. Two 3-hour sessions on Saturdays. Endorsed by local judicial and parenting advocates. Classes are designed for newly divorced/separated parents.

Call 707-421-4155 for more information.

Always SATURDAYS FEE: \$25 RM KB

9/11 & 9/18 9:00-12:00 pm 070771

10/30 & 11/6 9:00-12:00 pm 070772

12/4 & 12/11 9:00-12:00 pm 070773

1/29 & 2/5 9:00-12:00 pm 070774

3/12 & 3/19 9:00-12:00 pm 070775

5/14 & 5/21 9:00-12:00 pm 070776

Classes below qualify for Buy Back and Professional Development credit for Fairfield-Suisun Unified School District employees.

1-2-3 MAGIC (with childcare and 1-2-3 MAGIC for KIDS)



Simple, effective discipline strategies for children 2-12. This program is easy to learn and it works! FEE: \$35 per couple, includes book

Mondays 6:00-8:30pm RM KB

10/4, 10/11, & 10/18 070721

1/10, 1/24, & 1/31 070723

1-2-3 MAGIC FOR EDUCATORS



Learn simple, effective discipline strategies for Pre-K to Grade 8 students. Encourage good behavior, manage difficult behavior, strengthen positive relationship with children.

FEE: \$35 includes book

Mondays 3:30-6:00pm RM KB

10/4 & 10/18 070727

Thursdays 3:30-6:00pm RM KB

2/3 & 2/10 070729

For additional information on parenting classes, resources and support groups, visit:



www.childnet.org/parenting