



FAMILY GUIDANCE  
*and outreach*  
est. 1982

## SUMMER 2025 PARENTING CLASSES

Mondays + Tuesdays at 6:30PM Central  
Tuesdays at 10:30AM Central

### Court-Approved & Evidence-Based

These parenting classes are taught online in a live classroom with a real-time instructor and fulfill education requirements for CPS, CYFD, and Saint Francis Ministries. Participants receive a certificate and 1.5 hours of parenting education for each class.

### Monday Evening Classes: 6:30PM

06/02: Managing Anger within Families  
06/09: The Basics of Respect  
06/16: Shaken Baby Syndrome  
06/23: Helping Kids with Aggression  
06/30: Backtalk & Blowups

07/07: Single Parenting 101  
07/14: Anger and Emotional Wellness  
07/21: Period of Purple Crying  
07/28: Helping Kids Make Good Choices

08/04: Motivating our Kids  
08/11: Talking to Kids About Drugs and Alcohol  
08/18: Child Abuse Prevention  
08/25: Influence of Video Games



[WWW.LUBBOCKFAMILY.ORG](http://WWW.LUBBOCKFAMILY.ORG)

### Tuesday Morning Classes: 10:30AM

06/03: Raising Readers  
06/10: Avoiding Parental Burnout  
06/17: SIDS Prevention: Safe Sleep 101  
06/24: Family Physical Fitness

07/08: Celebrating Milestones with Kids  
07/15: ~~Positive Family Culture~~  
07/22: Helping Kids with Problem Solving  
07/29: Breaking Bad Habits

08/05: Why Education Matters  
08/12: School Success  
08/19: Help with Studying  
08/26: Avoiding Parental Burnout

### Tuesday Evening Classes: 6:30PM

06/03: Understanding Children's Mental Health  
06/10: Discussing Sex Education with Youth  
06/17: The Importance of Play  
06/24: Tackling Tantrums

07/08: Encouraging Creativity in Kids  
07/15: ~~Screen Time Scaries~~  
07/22: Effects of Drugs & Alcohol on Teen Brain Development  
07/29: The Dangers of Pornography

08/05: Intimate Partner Violence  
08/12: Family Communication  
08/19: Understanding Childhood Anxiety and Coping Skills  
08/26: Raising Kids with a Healthy Body Image

Talking to Kids  
About  
Traumatic Events

UPDATE



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Working Through Grief  
With Kids