

Upcoming Class Dates

See class dates and times below. Register 10–15 minutes before each class begins.

03/02: Influence of Video Games

03/03: Raising Kids with a Healthy Body Image

03/09: Single Parenting 101

03/10: Encouraging Creativity in Kids

03/16 + 03/17 + 03/23: Spring Break - NO CLASS

03/24: Understanding Childhood Anxiety and Coping Skills

03/30: Talking to Kids about Alcohol

03/31: Helping Kids with Problem Solving



**Central
Standard Time**

04/06: Anger and Emotional Wellness

04/07: Generational Trauma

04/13: Helping Kids Build Resilience

04/14: The Dangers of Pornography

04/20: Social Media Safety

04/21: Discussing Sex Education with Youth

04/27: The Basics of Respect

04/28: Positive Male Role Models

How to Join:

- Register 10–15 minutes before class. A new registration is required for **every class** you attend.
- After registering, your Zoom link will appear immediately on screen and will also be sent to your email.
- At class time, click your Zoom link to join. **Full live attendance is required to earn your 1.5-hour certificate.**

Ready to Join?

www.lubbockfamily.org

Court-Approved & Evidence-Based

Our parenting classes are taught live online with a real instructor. Each class provides 1.5 hours of parenting education, and you'll receive a certificate after attending. Classes are accepted by CPS, CYFD, and Saint Francis Ministries; however, requirements can vary. Please confirm with your caseworker, court, or agency that our certificate meets your specific needs.