



FAMILY GUIDANCE
and outreach
est. 1982

WINTER 2025 PARENTING CLASSES

**Mondays, Tuesdays + Wednesdays
at 6:30PM Central**

01/13: Anger and Emotional Wellness

01/14: Encouraging Academic Success

01/15: Intimate Partner Violence

01/20: No Class: MLK Day

01/21: Managing Sibling Rivalry

01/22: Family Communication

01/27: Positive Dating Relationships

01/28: Positive Male Role Models

01/29: Understanding Childhood Anxiety and Coping Skills

02/03: Managing Anger within Families

02/04: Dangers of Alcohol Abuse

02/05: Raising Kids with a Healthy Body Image

02/10: The Basics of Respect

02/11: Parenting Teen Drivers

02/12: Understanding Children's Mental Health

02/17: Talking to Youth about Mental Health

02/18: Cultivating Independence in Kids

02/19: Dangers of Pornography

02/24: Talking to Kids about Alcohol

02/25: Budget and Financial Planning for Families

02/26: Discussing Sex Education with Youth



Classes begin at 6:30PM Central. Visit our website at least 10 minutes before class begins to register and enter the virtual classroom. Participants will receive a certificate acknowledging 2 hours of parenting education class following each session they attend.



www.lubbockfamily.org

Platinum
Transparency
2024

Candid.