

# Upcoming Class Dates

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

**05/04:** Managing Anger within Families

**05/05:** Tackling Tantrums

**05/11:** Motivating our Kids

**05/12:** Coping with Parental Guilt

**05/18:** Budget and Financial Planning for Families

**05/19:** Helping Kids Cope with Trauma

**05/25:** NO CLASS - Memorial Day

**05/26:** Healthy Nutrition Habits for Kids

**06/01:** Anger and Emotional Wellness

**06/02:** Helping Kids Cope with Trauma

**06/08:** Blended Families

**06/09:** Adverse vs. Positive Childhood Experiences (ACEs & PACEs)

**06/15:** Summer Safety for Families

**06/16:** Healthy Screen Time for Youth

**06/22:** Positive Discipline

**06/23:** Positive Dating Relationships

**06/29:** Influence of Video Games

**06/30:** Social Media Safety for Kids



**Central  
Standard Time**

## 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](http://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.