



## SPRING

## PARENTING CLASSES

www.806family.org

Anger Management Curbing Frustration	January 24th	Role-Modeling for our Kids	January	
-		Role-Modeling for our Kids		
Curbing Frustration		Role Housening for our Rius	26†h	Positive Male Role Models
	31st	Shaken Baby Syndrome		
	February		February	
			2nd	Parenting Teen Drivers
Tips to Calm Down	7th	Period of Purple Crying	9th	Quality Time as a Family Unit
Anger in Families	14th	Teaching Gratitude to Kids	16th	Importance of Education
No Class	21st	Rewards and Consequences	23rd	SIDS and Safe Infant Sleep
Anger Management	28†h	Avoiding Parental Burnout		
	March		March	
			2nd	Fetal Alcohol Syndrome
Emotional Wellness	7†h	Parenting Styles	9th	Preparing for a Job Interview
Managing Anger	14†h	The Power of Expectations	16th	Parenting Teen Drivers
Spring Break	21st	Spring Break	23rd	Spring Break
Calming Down	28†h	The Dynamics of ADHD	30†h	Social Media Safety
	April		April	
Anger Management	4†h	Car Safety for Families	6th	Positive Male Role Models
Anger in Families	11†h	Family Dynamics	13†h	Parenting Teen Drivers
The 4th Trimester	18†h	Positive Discipline	20†h	Quality Time as a Family Unit
Emotional Wellness	25†h	Shaken Baby Syndrome	27th	Importance of Education
	May		May	
Talking about Anger	2nd	Period of Purple Crying	4† h	SIDS and Safe Infant Sleep
Anger Management	9th	Parenting Styles	11†h	Teaching Kids Gratitude
alking to Young Kids	16†h	The Power of Expectations	18†h	Rewards and Consequences
Emotional Wellness	23rd	Car Safety for Families	25†h	Parenting Teen Drivers
No Class	30†h	Role-Modeling for our Kids		
T	Anger in Families  No Class  Anger Management  Emotional Wellness  Managing Anger  Spring Break  Calming Down  Anger Management  Anger in Families  The 4th Trimester  Emotional Wellness  Falking about Anger  Anger Management  alking to Young Kids  Emotional Wellness	Anger in Families 14th  No Class 21st  Anger Management 28th  March  Emotional Wellness 7th  Managing Anger 14th  Spring Break 21st  Calming Down 28th  April  Anger Management 4th  Anger in Families 11th  The 4th Trimester 18th  Emotional Wellness 25th  May  Talking about Anger 2nd  Anger Management 9th  alking to Young Kids 16th  Emotional Wellness 23rd	Anger in Families 14th Teaching Gratitude to Kids No Class 21st Rewards and Consequences Anger Management 28th Avoiding Parental Burnout  March  Emotional Wellness 7th Parenting Styles Managing Anger 14th The Power of Expectations Spring Break 21st Spring Break Calming Down 28th The Dynamics of ADHD  April  Anger Management 4th Car Safety for Families  Anger in Families 11th Family Dynamics The 4th Trimester 18th Positive Discipline Emotional Wellness 25th Shaken Baby Syndrome  May  Talking about Anger 2nd Period of Purple Crying Anger Management 9th Parenting Styles alking to Young Kids 16th The Power of Expectations Emotional Wellness 23rd Car Safety for Families	Tips to Calm Down 7th Period of Purple Crying 9th Anger in Families 14th Teaching Gratitude to Kids 16th No Class 21st Rewards and Consequences 23rd Anger Management 28th Avoiding Parental Burnout 2nd 2nd Emotional Wellness 7th Parenting Styles 9th Managing Anger 14th The Power of Expectations 16th Spring Break 21st Spring Break 23rd Calming Down 28th The Dynamics of ADHD 30th Anger in Families 11th Family Dynamics 13th The 4th Trimester 18th Positive Discipline 20th Emotional Wellness 25th Shaken Baby Syndrome 27th May May May Falking about Anger 9th Parenting Styles 11th Parenting Styles 11th Anger Management 9th Parenting Styles 11th Emotional Wellness 23rd Car Safety for Families 11th Emotional Wellness 25th The Power of Expectations 18th Emotional Wellness 23rd Car Safety for Families 25th Emotional Wellness 23rd Car Safety for Families 25th

## Classes begin at 6:30PM Central.

Visit www.806family.org 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. Hours will fulfill Saint Francis Ministries, CPS, CYFD, Probation, Parole and other legal obligations.