



**FAMILY GUIDANCE**  
*and outreach*  
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# **SPRING 2024 PARENTING CLASSES**

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

**March:**

- 4th: Single Parenting 101
- 5th: Promoting Positive Self Esteem in Kids
- 6th: Tackling Tantrums
- 18th: Preventing and Treating Lice
- 19th: Healthy Screen Time for Youth
- 20th: Generational Trauma
- 25th: Blended Families
- 26th: Talking to Kids about Peer Pressure
- 27th: Discussing Sex Education with Youth

**April:**

- 1st: Helping Kids with Aggression
- 2nd: Parenting Teen Drivers
- 3rd: Handling Parental Stress
- 8th: Safe and Healthy Discipline
- 9th: Strategies for Busy Parents and Kids
- 10th: Dangers of Alcohol Abuse
- 15th: Car Safety for Families
- 16th: Healthy Family Lifestyles
- 17th: Mental Health Education
- 22nd: Helping Kids Make Good Choices
- 23rd: SIDS and Safe Infant Sleep Part #1
- 24th: Family Communication
- 29th: Motivating our Kids
- 30th: SIDS and Safe Infant Sleep Part #2



**[www.lubbockfamily.org](http://www.lubbockfamily.org)**

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.

