

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 Drivers3rd: Handling Parental Stress8th: Safe and Healthy Discipline

9th: Strategies for Busy Parents and Kids

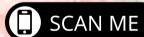
10th: Dangers of Alcohol Abuse 15th: Car Safety for for Families 16th: Healthy Family Lifestyles 17th: Mental Health Education

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

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.

Platinum Transparency 2023

Candid.