

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: Safe Infant Sleep and SIDS



**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

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.