



FAMILY GUIDANCE
and outreach
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SPRING 2025 PARENTING CLASSES

Mondays, Tuesdays + Wednesdays
at 6:30PM Central

03/03: Single Parenting 101
03/04: Healthy Nutrition Habits for Kids
03/05: The Importance of Play
03/10: Helping Kids with Aggression
03/11: Promoting Positive Self Esteem in Kids
03/12: Tackling Tantrums
03/17 - 03/19: SPRING BREAK - No Classes
03/24: Blended Families
03/25: Creating a Positive Family Culture
03/26: Generational Trauma
03/31: Motivating Our Kids

04/01: SIDS and Safe Infant Sleep
04/02: Encouraging Creativity in Kids
04/07: Helping Kids Make Good Choices
04/08: Fetal Alcohol Syndrome
04/09: Screen Time Scaries
04/14: The Basics of Respect
04/15: Promoting Kindness and Respect in Children
04/16: Effects of Drugs and Alcohol on Teen Brain Development
04/21: Cultivating Empathy in Kids
04/22: Encouraging Academic Success
04/23: The Dangers of Pornography
04/28: Talking to Kids about Alcohol
04/29: Managing Sibling Rivalry
04/30: Discussing Relationships and Dating

05/05: Anger and Emotional Wellness
05/06: Dangers of Alcohol Abuse
05/07: Intimate Partner Violence
05/12: Talking to Kids about Bullying
05/13: Dangers of Alcohol Abuse
05/14: Family Communication
05/19: Shaken Baby Syndrome
05/20: Water Safety for Families
05/21: Understanding Childhood Anxiety and Coping Skills
05/26: MEMORIAL DAY - No Class
05/27: Healthy Screen Time for Youth
05/28: Raising Kids with a Healthy Body Image



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.

www.lubbockfamily.org