



FAMILY GUIDANCE
and outreach
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NEW

SPRING 2022 THURSDAY NIGHT CLASSES

- January 27th: Listening to our Children
- February 3rd: Social Media Safety
- February 10th: How To Read With Our Kids
- February 17th: The "Fourth" Trimester
- February 24th: SIDS and Safe Infant Sleeping
- March 3rd: Healthy Communication with Children
- March 10th: Communication Strategies for Infants
- March 24th: Basics of Breastfeeding
- March 31st: Fathers and Daughters
- April 7th: Managing Conflict
- April 14th: Avoiding Parental Burnout
- April 21st: The "Fourth" Trimester
- May 5th: SIDS and Safe Infant Sleeping
- May 12th: How to Read With Our Children
- May 19th: Basics of Breastfeeding

www.lubbockfamily.org

Classes begin at 6:30PM Central/5:30PM Mountain

Visit www.lubbockfamily.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 CPS, CYFD, Probation, Parole and other legal obligations.