

Parent Education

Parenting can be a rewarding and fulfilling experience, but it can also be challenging. Parenting is a tough job and requires skills and information to be effective. All parents can use a little help now and then.

Our Parenting classes equip parents with the skills to deal with the many unknowns of child-rearing. Our experienced and caring instructors help guide you through the developmental needs of your child, as well as ways to effectively manage behavior. We offer a variety of services and classes to help you and your family navigate the challenges of parenthood and delight in all the joys that children bring!

Classes are available days and evenings, and childcare is provided. Spanish speaking classes are available. The following is a brief overview of each series:

Parenting infants and toddlers

- safety and childproofing
- importance of playing with your baby
- identifying and responding to your child's feelings

Parenting 3-6 year olds

- nutrition
- talking to pre-schoolers about sexuality
- responding to anger and other intense feelings

Parenting 7-11 year olds

- behavior management techniques
- how to help the child manage anger appropriately
- how to talk about sex, suicide, alcohol & drugs

Parenting Teens

- anger management
- how to help teens deal with sexuality, alcohol, drugs and peer pressure
- effective parent/teen communication styles

In addition, classes offer important stress management methods to get you through the tough times.

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