Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

**Understanding Temperament**
Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child’s temperament, in order to promote healthy development.

- **Mon. 1/10**
  - 10 am - 12 pm

**Promoting Secure Attachment**
Secure attachment is the foundation for healthy relationships from childhood into adulthood. Explore parenting strategies and interactions to foster healthy attachment in your child’s life.

- **Mon. 3/28**
  - 10 am - 12 pm

**Overcoming Bedtime Battles**
Learn how to create healthy sleep habits for your child, including the necessary amount of sleep for different ages, bedtime routines, and parenting tips to smooth the way.

- **Mon. 5/9**
  - 10 am - 12 pm

**Positive Discipline and Guidance**
Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

- **Wed. 1/26**
  - 10 am - 12 pm

**Managing Stress as a Parent**
Stress affects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

- **Thurs. 3/31**
  - 10 am - 12 pm

**Car Seat Safety**
Let’s talk about car seat safety! A Certified Car Seat Technician will provide instruction and information and you will learn all about your children being safe while they ride in your car. Car seats will be provided to participants that qualify.

- **Wed. 5/18**
  - 10 am - 12 pm
Water Safety
Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury death in children 1-4 years old. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Join our class and learn how to create layers of protection to keep your family safe and reduce drowning risks.

Mon. 5/9  6 - 8 pm

Managing Stress as a Parent
Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

Thurs. 4/21  6 - 8 pm

Snapchat as a Drug Dealing Trend
Social Media has become part of our children’s life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

Thurs. 1/20  6 - 8 pm

Positive Discipline and Guidance
Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

Tues. 3/29  6 - 8 pm

Kindergarten Readiness
This workshop focuses on how to help children make the transition from preschool into kindergarten.

Tues. 2/15  6 - 8 pm

Promoting Secure Attachment
Secure attachment is the foundation for healthy relationships from childhood into adulthood. Explore parenting strategies and interactions to foster healthy attachment in your child’s life.

Wed. 1/5  9:30 - 11:30 a.m.

Single Parenting Today
Parenting alone comes with many unique challenges. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.

Mon. 2/7  12 - 2 p.m.

Healing Trauma
Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way.

Mon. 3/14  9:30 a.m. - 11:30 a.m.

Raising Emotionally Intelligent Children
Social emotional development in children is crucial to a child’s ability to survive and thrive. Together, we explore the foundation of emotional health and literacy as well as strategies to support social and emotional development from early childhood through teen years.

Tues. 4/12  12 - 2 p.m.
A Guide to Healthy Teen Dating
Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.

Tues. 5/31  9:30 - 11:30 a.m.

Raising Sons and Daughters
Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

Wed. 1/12  6 - 8 p.m.

Kindergarten Readiness
This workshop focuses on how to help children make the transition from preschool into kindergarten.

Wed. 3/16  6 - 8 p.m.

Car Seat Safety
Let’s talk about car seat safety! A Certified Car Seat Technician will provide instruction and information and you will learn all about your children being safe while they ride in your car. Car seats will be provided to participants that qualify.

Thurs. 1/13  10 a.m. - 12 p.m.

Child Development
An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11-years. Learn how to help address key features within each developmental stage.

Tues. 3/8  10 a.m. - 12 p.m.

Managing Stress as a Parent
Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

Tues. 1/4  10 a.m. - 12 p.m.

Raising Emotionally Intelligent Children
Social emotional development in children is crucial to a child’s ability to survive and thrive. Together, we explore the foundation of emotional health and literacy as well as strategies to support social and emotional development from early childhood through teen years.

Wed. 2/23  10 a.m. - 12 p.m.

Positive Discipline and Guidance
Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

Wed. 4/20  10 a.m. - 12 p.m.

Bullying; Signs, Symptoms, and Solutions
A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it’s important to know signs and strategies to support those who are bullying and being bullied.

Tues. 2/22  10 a.m. - 12 p.m.

Water Safety
Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury death in children 1-4 years old and it can happen quickly and silently. Join our class And learn how to create layers of protection to keep your family safe and reduce drowning risks.

Mon. 5/2  10 a.m. - 12 p.m.