

The North Sacramento Family Resource Center *presents*  
**Make Parenting a Pleasure**  
**A Group-Based Parenting Education Workshop**

North Sacramento FRC Birth & Beyond  
*in partnership with*  
Twin Rivers Unified School District

**Northwood Elementary**  
2630 Taft St. Sacramento 95815

The Make Parenting a Pleasure workshops  
are recognized by Sacramento County Child  
Protective Services as approved parenting  
classes for parents with children ages zero  
(pregnant) to 5 years old.

Please note: You may only join within the  
first three sessions.

With questions, please call  
(916) 290-8263



***NO MATTER WHAT YOUR  
FAMILY LOOKS LIKE...  
THESE CLASSES ARE FOR YOU!***

\*See reverse side for time, date and class schedule\*

# Wednesdays

## 8:30-10:30am

### September 12th–December 12th

**Enrollment closes after the September 26th session**

Session 1 Orientation and Getting Started

Session 2 Nurturing: Taking Care of Ourselves

Session 3 Understanding Stress

Session 4 Stress and Anger Management: Techniques

Session 5 Managing Anger, Modeling Alternatives

Session 6 The Dance of Communication: Nonverbal

Session 7 Communication: Listening Skills

Session 8 Verbal Communication

Session 9 Child Development: The Basics

Session 10 Discipline: Laying the Foundation

Session 11 Discipline: Parents Toolbox

Session 12 Discipline: Challenging Behaviors

Session 13 Closure: Graduation Celebration and Goodbye