

Parenting Education Class

Participants will learn basic parenting skills & receive insight into their own parenting styles.

INDIVIDUALS WILL LEARN THE FOLLOWING:

- ✓ Identify parenting styles
- ✓ Effective co-parenting strategies
- ✓ Identify at risk behavior with technology & social media
- ✓ Implementing behavior management skills
- ✓ Learn about mental health & substance use in youth



UPCOMING CLASSES

February 28, 2026
May 2, 2026
August 15, 2026
November 7, 2026

Session 1 | 9:00 AM - 12:00 PM (ages 0-5)
Session 2 | 1:00 PM - 4:00 PM (ages 6-18)
\$50.00 for one session or \$75.00 for both
**payment due at time of registration

**Spanish classes offered upon request