



PARENTING CLASS

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

Individuals will learn the following:

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

**certificates of completion will be provided

Upcoming Classes

September 14, 2024

November 16, 2024

**Spanish classes offered upon request

To Register Call 402-500-6870



Session 1 | 9:00 AM - 12:00 PM
Focus on age group 0-5

Session 2 | 1:00 PM - 4:00 PM
Focus on age group 6-18

Cost: \$40 for one session or \$60 for both

**payment due at time of registration

