



## Your parenting success is our mission.

Tailored to families with children aged 10–12, SPF is a group-based educational program led by certified parenting and family educators that equips guardians with practical tools, strategies, and support, empowering them to navigate parenthood with confidence and creativity, while nurturing healthy, enriching family dynamics.

### PROGRAM HIGHLIGHTS

#### ★ Parental Development

Learn about parenting roles and stages, nurturing self-improvement for holistic family well-being, & balancing child and parental needs.

#### ★ Parent-Child Relationships

Delve into attachment, autonomy, modeling, and relationship dynamics for intentional, nurturing parenting.

#### ★ Childhood / Youth Development

Explore the full developmental spectrum, including social, emotional, cognitive, literacy, physical, and spiritual facets.

#### ★ Family Development

Learn how to build a resilient family structure, embracing traditions, values, relationships and communication for holistic well-being.

#### ★ Community and Culture

Explore diverse social influences, how to leverage family and community resources, and how to model acceptance, advocacy and productive citizenship.

### SPF CLASS SCHEDULE

For Children Aged 10-12



Winter Semester:  
January– March 2025



**Weekly on Saturdays at  
11:00 am to 12:00 PM ET :**  
1/18, 1/25, 2/1, 2/8, 2/15,  
2/22, 3/1, 3/8



Virtual Class



Affordable Sliding Fees

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