PARENTING CLASS SERIES

A 7-Session Live Virtual Class via Zoom

For All Parents
with Children Ages 3-14

Saturdays 10:00–11:00 am EST | October 29 – December 17, 2022

Seven 1-hour sessions adapting
the "Systematic Training for Effective Parenting" Program and
the "Strengthening Families Program for Parents and Youth 10–14".

- **Skills that will last a lifetime.** These valuable and easy-to-learn skills strengthen us to become the best version of ourselves as a parent.

- **Offered by trained educators via Zoom.** Millions of people have taken the full-version of STEP with in-person classes, but now it is available virtually.

- **The fee for the class is $100 for the entire series (7 sessions) per household.** Scholarships available if needed. Please email: zoomparentingclass@familykind.org **Subject:** Scholarship.

- **Registration is on the familykind.org website.** Parents are encouraged to purchase the STEP Parenting Handbook online at steppublishers.com however, it is not required.
  For more information, contact: zoomparentingclass@familykind.org **Subject**: Parenting Class.

- **Weekly handouts** will be emailed to each registrant for review prior to and during class.

- **The Zoom link will be given to all registrants.** FamilyKind does not share email information with other organizations or class participants.

- **Please share this flyer** with co-parents, extended family members, friends, colleagues, school, community, agency clients and your social media links. When class is over, all participants who attended at least 5 of the 7 sessions will be sent a Letter of Completion and have ongoing support available from people who joined you in class as well as FamilyKind professionals.

Session Topics:

Session 1 - Understanding Yourself and Your Child
Session 2 - Understanding Beliefs and Feelings
Session 3 - Encouraging Your Child and Yourself / Developing the Courage to be Imperfect
Session 4 - Listening and Talking to Your Child
Session 5 - Helping Children Cooperate
Session 6 - Discipline that Makes Sense
Session 7 - Choosing Your Approach

Sponsor:

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Parenting Education is Fun and Rewarding. Come Be Amazed!

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