



# PARENT EDUCATION



**new!**

## How to Talk to Kids about Social Differences

Thurs, 9/19 6:00-8:00p

Explore information and gain guidance on how to talk to kids about race, gender, ability, culture and other differences. This class will present relevant information to children 0-8 with an emphasis on early childhood years. Through this class, participants will have the opportunity to inquire, discuss and practice strategies that address bias and sensitivity in a caring and supportive environment. For more information please contact: raiseupslo@gmail.com. Childcare- see below\*

Sandra Sarrouf

**#80000**

Adult School Rm.B3

\$5

## Communication FUNdamentals

Thurs, 9/19-10/24 6:00-8:00p

What's Making you Angry? Learn 10 steps to transforming anger so everyone wins. The process of compassionate communication is a strategy for becoming more aware of the thoughts, words and behaviors that disconnect us from ourselves and each other. Childcare - see below.\*

Rick London

**#79181**

Hawthorne Elementary Library

\$25

## The Whole Brain Child

Thurs, 11/7 6:00-8:00p

In this workshop, learn how your child's brain is wired and explore practical brain-based strategies for responding to challenging behavior that helps to nurture your child's developing mind. Explore ways to develop social and emotional intelligence in your family life that wire your child's brain for health, happiness, creativity and compassion. Birth-12 years old. Childcare - see below.\*

Lea Payne Scott

**#89700**

Adult School Rm.B3

\$5

## Active Parenting 5 to 12 Year Olds

Wed, 10/9-11/13 5:30-7:30p

Learn skills to achieve a fuller, more satisfying, family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly. Childcare - see below.\*

Julie Ashworth

**#97900**

Del Mar Elementary Library

\$25

## Parenting Sober Support Group

First Sunday of the month, 4:00p

Cindy DuSair

No Charge

Third Thursday of the month, 5:30p

Build Your Nest Coaching, 6613-B Bay Laurel Pl., Avila Beach

This open forum meeting is for parents at any stage of recovery who want to get a grip on parenting and stay sober in the process. The group is designed to align solid parenting foundation principles and tools with the 12-step principles so that parents can begin to enjoy both living sober and parenting successfully. For information please contact Cindy DuSair at (805) 550-5865 or cdusair@buildyournestcoaching.com.

\*Childcare can be provided for a nominal fee, although parents are strongly encouraged to provide their own. Call the Adult School office at (805) 549-1222 to inquire about registering your child(ren).

Visit [ParentParticipation.org](http://ParentParticipation.org) to enroll or call (805) 549-1222



## Parent Education classes are in collaboration with Parent Connection of SLO County

Parent Connection of San Luis Obispo County is a parent education and support program that strives to encourage, strengthen and nurture families. Parent Connection offers a variety of services designed to make parenting less stressful and more rewarding, while promoting positive parenting techniques and building a families protective factors. **Visit [sloparents.org](http://sloparents.org) for coaching and resources.**