



PARENT EDUCATION CLASSES



No-Drama Discipline

Tues, 1/21 6:00-8:00p

Bishop's Peak Elementary Library

Lea Payne Scott

#78200

\$5

Learn effective ways to discipline your children without resorting to punishment, shame and bribes. Using Drs. Siegel & Bryson's book *No-Drama Discipline* as a guide, we will rethink the concept of discipline so that the goal is not only to change our children's behavior but also to build their brains and promote future life skills. You'll leave with an effective and compassionate roadmap for discipline that nurtures your child's developing mind and calms the chaos in your family life. Childcare - see below*

Love & Logic

Wed, 1/29-2/26 6:00-8:00p

Sinsheimer Elementary Library

Christina Kaviani

#79101

\$25

Love allows children to grow through their mistakes. Logic allows them to live with the consequences of their choices. Learn the Love & Logic process of building relationships through discipline. Childcare- see below*

How to Talk to Kids about Social Differences

Mon, 2/24 6:00-8:00p

Del Mar Elementary Library

Sandra Sarrouf

#80000

\$5

Explore information and gain guidance on how to talk to kids about race, gender, ability, culture, and other differences. This class will present information for parents/guardians of 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: sandra@cultural-creations.com. Childcare - see below*

Active Parenting the Preschooler

Wed, 3/4-3/25 6:00-8:00p

Pacheco Elementary Rm.5

Julie Ashworth

#77202

\$15

Learn skills that help develop cooperation, responsibility and good character in your children. Explore positive discipline techniques to avoid those all-too-familiar power struggles. Childcare - see below.*

Crianza Activa el Preescolar/ Active Parenting the Preschooler (Spanish)

Wed, 3/4-3/25 6:00-8:00p

Pacheco Elementary Rm.4

Bessie Hoffman

#77201

\$15

Aprenda habilidades que ayudan a desarrollar la cooperación, la responsabilidad y el buen carácter en sus hijos. Explora técnicas de disciplina positiva para evitar esas luchas de poder en las familias. Se brinda cuidado de niños por una tarifa nominal, aunque se recomienda encarecidamente a los padres que brinden los suyos. Llame a la oficina de la Escuela de Adultos al (805) 549-1222 para registrar a sus hijos.*

The Adolescent Brain

Tues, 4/21 6:00-8:00p

Laguna Middle School Library

Lea Payne Scott

#79110

\$5

Explore recent discoveries of the adolescent brain that explain why this is a vital and sometimes maddening phase of life for everyone involved. Using Dan Siegel's book *Brainstorm* as a framework, we will bust commonly held myths about adolescence as we look at this period through the lens of adaptation. We will also discuss exciting ways in which understanding how the adolescent brain functions can help us not only survive, but thrive together as healthy families through the teenage years and beyond.

Parenting Sober Support Group

Second and Fourth Tuesdays, 10:00a

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

Cindy DuSair Free

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 encouraged to provide their own. Call to inquire about registering your child(ren).



Classes are in collaboration with Parent Connection of SLO County

Parent Connection of SLO 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. Visit sloparents.org for coaching and resources.

Visit ParentParticipation.org to enroll or call (805) 549-1222