

AVHS

Nurturing Parenting

PARENTING CLASSES

Are you interested in learning how to manage your child's behavior without resorting to anger, threats or lectures? Our program will teach you how to raise responsible and respectful children while assisting them in becoming problem solvers, accepting responsibility, and making smart choices.

We'll look at the following themes in our 10-session program:

- + Attachment and bonding
- + Cultural values, parenting practices, and family values
- + Emotional regulation, self-worth, praising
- + Power struggles and managing behavior
- + Growth and development of children and adolescents
- + Nurturing parenting routines
- + Understanding discipline, consequences, and family rules
- + Communication, criticism, and confrontation
- + Touch and personal space
- + Making healthy choices

FREE DINNER WILL BE PROVIDED!

FREE CHILDCARE!

WHEN:

Classes begin Tuesday, April 9th, 2019
and will run through May 9th, 2019.

Tuesdays & Thursdays from 5:30-7:30PM

CONTACT

CRAIG CINCIS

661.948.8552 ext 164

WHERE:

Antelope Valley High School
44900 N. Division Street

Lancaster, CA 93535

SIGN UP TODAY!

tinyurl.com/AVHSParents

Space is limited!

