



## YEAR AT A GLANCE

### **FALL – 2019**

#### **Just For Dads...*the nuts and bolts of parenting***

Thursdays, Sept. 5 – Oct 10, 2019 6:30 pm - 8:30 pm

#### **You're not the boss of me...positive discipline for 0-12 yr olds**

Mondays, Sept 16 – Oct 28, 2019 6:30 pm - 8:30 pm  
(Oct 14 excluded)

#### **FRIENDS for Life (anxiety prevention program for children 10-12 yr olds)**

Wednesdays, Oct. 2 – Nov 27, 2019 6:00 pm - 7:30 pm

#### **Parenting through high conflict Separation and Divorce**

Thursdays, Sept. 26 – Nov 7, 2019 6:30 pm - 8:30 pm  
(excluding Oct. 31)

#### **Parenting through high conflict Separation and Divorce**

Wednesdays, Oct 2 – Nov 6, 2019 6:30 pm - 8:30 pm

#### **Parenting your Anxious Child**

Wednesdays Nov 13, 20, 27, 2019 6:30 pm - 8:30 pm

#### **Discipline that Doesn't Hurt...*anyone***

Thursdays, Nov. 14 – Dec 12, 2019 6:30 pm - 8:30 pm

#### **C.A.S – Parenting with Confidence**

Mondays, Nov. 18 – Feb 3, 2020 6:30 pm - 8:30 pm  
(excluding Dec 23 & Dec 30)



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## **WINTER – 2020**

### **Parenting through high conflict Separation and Divorce**

Wednesdays, Jan. 15 – Feb. 19, 2020 6:30 pm - 8:30 pm

### **Parenting through high conflict Separation and Divorce**

Thursdays, Jan. 16 – Feb. 20, 2020 6:30 pm - 8:30 pm

### **Effective Parenting through Positive Discipline SEMINAR**

Thursday Jan. 23, 2020 6:30 pm - 8:30 pm

### **Just for Dads... *the nuts and bolts of parenting***

Thursdays, Feb. 6 – Apr. 2, 2020 6:30 pm - 8:30 pm  
(March 19 excluded)

## **SPRING – 2020**

### **FRIENDS for Life (anxiety prevention program for children 7-9 yrs.)**

Wednesdays, March 25 – May 20, 2020 6:00 pm - 7:30 pm

### **Anger Management...especially for parents**

Thursdays, April 2 – May 7, 2020 6:30 pm - 8:30 pm

### **Parenting your Anxious Child**

Wednesdays April 15, 22, 29, 2020 6:30pm - 8:30 pm

### **C.A.S - Parenting with Confidence**

Mondays, April 20-June 29, 2020 6:30 pm - 8:30 pm  
(excluding May 18)



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***Spring 2020 (continued)***

**You're not the boss of me... positive discipline for 0-12 yr olds**

Wednesdays, May 13 – June 17, 2020      6:30 pm - 8:30 pm

**Discipline that Doesn't Hurt... *anyone***

Thursdays, May 14 – June 11, 2020      6:30 pm - 8:30 pm

**Teens... the great parenting challenge SEMINAR**

Thursday June 11, 2020      6:30 pm - 8:30 pm