



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 21, 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

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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