



# Parenting Support & Solutions

## **POSITIVE DISCIPLINE for Building Capable Kids**

*Real Life Strategies for Developing Capable Young People at any age*

This innovative class teaches parents of *children and teenagers* of all ages to use kindness and firmness at the same time, to teach life skills, and encourage self-respect, self-discipline, cooperation, good behavior and problem-solving. Learn positive discipline strategies that work better than punishment while you **promote responsibility and mutual respect for everyone in your home.** This information will change the way you parent! Save your sanity on a daily basis and help children and teens become capable and resilient. They will do better because they feel better.

You will raise capable, competent kids for the 21<sup>st</sup> century.

**FOR PARENTS OF K-12 – MONDAY EVENINGS - 6:00 pm to 8:00 pm – 7 WEEKS – starts January 23, 2012**

*Meets at Creekside Education center – Room N-25 - Led by Vibha Galal, certified Positive Discipline Trainer*

**COST: \$50 per person/\$65 for couples**

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## **Active Parenting of Teens**

**FOR PARENTS OF 12 to 18 – Teens and Pre-Teens**

As parents today, we are facing social and family issues that are far different than in the past.

**Active Parenting of Teens** is a highly acclaimed video-based workshop for parents and others that will help you gain the knowledge and skills needed to provide positive effective parenting with pre-teens and teens. Learn effective ways to instill courage and self-esteem, deal with negativity, develop responsibility, win cooperation, use consequences and problem-solving, increase positive communication, and deal with challenging topics like values, sexuality, violence, alcohol and other drugs.

*Led by Cheri Wood, MA, IUSD Guidance Resources, certified Active Parenting Trainer*

**THURSDAY EVENINGS from 6:30pm to 8:30 pm- 7 WEEKS – Starts January 19, 2012**

**COST: \$50 per person/\$65 for couples**

*Class meets in Room N21 – Creekside Education Center – 3387 Barranca Parkway, Irvine*

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## **Active Parenting Now**

**FOR PARENTS OF 2 to 12 year olds**

Being a parent today often seems more difficult than ever before. Kids and families face social and emotional pressures far different from those in the past. Positive parenting skills and healthy family communication are more important than ever. Learn effective alternatives to punishment, eliminate power struggles, increase positive communication and teach crucial life skills. Help your kids develop responsibility, self-discipline and resiliency through this video-based workshop.

*Led by Cheri Wood, IUSD Guidance Resources, certified Active Parenting trainer*

**TUESDAY EVENINGS – 6:30pm to 8:30pm – 7 weeks Starts January 17, 2012**

**COST: \$50 per person/\$65 for couples**

*Class meets at Room N21 at Creekside Education Center – corner 3387 Barranca Pkwy., Irvine*

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# **FREE Parent Support Group**

## **FOR PARENTS OF K-12 Children**

This group will meet weekly and is open to all Irvine parents of children and teens of any age. Come and get some support in a relaxed setting, learn some positive parenting skills, and make some new friends. We use Active Parenting and Positive Discipline strategies to problem-solve parenting challenges and we support each other while we learn. Topics covered in discussion may include: handling anger in the family, how to listen and communicate with respect, homework issues and school challenges, stress and anxiety, and building assets for school and life success.

**MONDAY MORNINGS – 10am - 12:00 pm – ongoing – Starts January 16, 2012 – no charge**

LOCATION: This **FREE** group meets at Paradise Perks Café – corner of Irvine Center Drive and Jeffrey  
*Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources*

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## **Helping Your Child Succeed In School**

For Parents of K-6 Students

Dealing with Homework, Problem-Solving School Challenges, Encouraging Motivation,  
Learning about Test-taking, Understanding Your Child's Learning Style,  
Encouraging Positive Attitude and Good Social Skills for School Success  
Positive Discipline and Active Parenting Strategies

**FRIDAY MORNINGS – 10:00-11:30 – 4 weeks - Starts January 20, 2011**

Meets at Creekside Education Center - room N25 – cost \$25 per person  
*Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources*

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New! For Parents of High School Students

## **Parents of Teenagers**

### **4 Week Support Group**

### ***Making a Difference with Your Teen***

4 week support and learning group for parents of high school students. Come for support, laughs and learning about how you can be connected and influential with your sons and daughters in the adolescent years. Understand the teenage brain, build strong communication skills for both of you, enjoy the journey and build resiliency for their futures.

Learn to problem-solve teenage behavior challenges, manage anger, and grow together.

**TUESDAY EVENINGS - 7 pm-8:30 pm - 4 weeks – starts January 24, 2012**

Meets at the Irvine Family Resource Center at Creekside Education Center – Room 2

*Led by Cheri Wood, certified Active Parenting instructor – cost \$25 per person  
call Dana at 936-7455 to register*

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## **CALL TO SIGN UP NOW FOR A CLASS**

**YOU MUST REGISTER AHEAD FOR ALL CLASSES:**

**Call Susan Holt at 949-936-7502 - Classes fill quickly – call soon!**

**(Some scholarships available)**

**We regret we are not able to offer childcare – so sorry - parents only at classes**

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