



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 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 21st century.

FOR PARENTS OF ELEMENTARY AGES – Monday evenings - 6:30 to 8:30 – 7 WEEKS – starts March 21, 2011

FOR PARENTS OF TEENAGERS – Wednesday evenings - 6:30-8:30 – 7 weeks – starts March 23, 2011

Meets at Creekside Education Center – Led by Vibha Galal, certified Positive Discipline Trainer

FOR PARENTS OF K-12 – TUESDAY EVENINGS - 6:30- 8:30 – 7 WEEKS - starts April 27, 2011

Meets at Creekside Education center - Led by Susan Holt, certified Positive Discipline Trainer

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

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 which 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, give consequences, 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 March 24, 2011

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

Class meets in Room N21 – Creekside Education Center – corner of Harvard and Barranca

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 – 6:30 to 9:30 – 7 weeks Starts March 22 , 2011

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

Class meets at Room N21 and N25 at Creekside Education Center – corner Harvard and Barranca

SEE OTHER SIDE FOR REGISTRATION INFORMATION and MORE CLASSES►

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 – 9:30-11:30 – 7 weeks – Starts March 14, 2011

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

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

THURSDAY MORNINGS – 9:30-11:30 – 7 weeks - Starts March 24, 2011

Meets at Creekside Education Center - room N25
Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources

New! For DADS of High School Students

Fathers of Teenagers

4 Week Support Group

Dads: Making a Difference with Your Teen

4 week support and learning group for dads 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 April 5, 2011

Meets at the Irvine Family Resource Center at Creekside Education Center – Room N22
Led by Marc Bertone, MFT, IUSD Project Success

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



PLEASE SEE OTHER SIDE ►

