



IUSD Parenting Groups and Classes

#1 - POSITIVE DISCIPLINE for Building Capable Kids – K-12 - 6 weeks

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. *Led by Vibha Arora, IUSD Guidance Resources, Positive Discipline Trainer*

MONDAY EVENINGS - 6:30 to 8:30 – 6 weeks - \$60 per person/\$75 couples

Fall Session – starts October 20 Winter Session – starts January 26 Spring Session - starts April 20

2 - ACTIVE PARENTING of TEENS FOR PARENTS OF 12 to 18 year olds – 6 weeks

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- 6 Weeks - \$60 per person/\$75 couples

Fall Session - starts October 23 Winter Session - starts January 29 Spring Session starts – April 23

#3 - ACTIVE PARENTING NOW FOR PARENTS OF 2 to 12 year olds – 6 weeks

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

WEDNESDAY EVENINGS – 6:30 to 8:30 pm – 6 weeks \$60 per person/\$75 couples

Fall session – starts October 22 Winter Session starts – January 28 Spring Session starts – April 22

#4 - WHY IS SCHOOL SO HARD? FOR PARENTS OF K-8 - 4 weeks

For some students, school seems to be so much harder than it does for others. These students struggle with a variety of organizational issues which negatively impact their ability to succeed in school. Join us for a special series that will improve your understanding of these issues and provide you with hands-on strategies. **Topics Covered Include:** Getting Organized, Homework Hassles and Meltdowns, Planning and Time Management, Successful Morning and Nighttime Routines, Messy Backpack Syndrome, Understanding the Root Causes of School Problems and Finding Constructive Solutions. *Dr. Diane Karjoo, Kelly Rafter, Christina Ozaki from Kid's Potential.*

TUESDAY EVENINGS – 6:30-8:00 – 4 weeks - \$40 per person/\$55 couples

Fall Session – starts October 21 Winter Session - starts January 27

#5 – HELPING YOUR CHILD SUCCEED IN SCHOOL FOR PARENTS OF K-8 – 6 weeks

Get support and skills for dealing with homework, problem-solving school challenges, encouraging motivation, learning about test-taking, understanding your child's learning style, encouraging a positive attitude and social-emotional skills for school success – all using Positive Discipline and Active Parenting strategies.

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

WEDNESDAY MORNINGS – 10:00 - 11:30 – 6 weeks - \$60 per person/\$75 couples

Fall Session - starts October 22 Winter Session starts - January 28 Spring Session - starts April 22

Classes Fill Quickly – call today – sorry no childcare – some scholarships available

YOU MUST REGISTER AHEAD for all classes - Call Susan Holt at 949-936-7502