

BIBLICAL PARENTING CLASSES

All classes are free of charge. Snacks & sodas will be served.

THURSDAY EVENINGS ~ 6:30 p.m. - 8:30 p.m.

Westminster Presbyterian Church

3321 33rd Street (33rd & Indiana—West End Door)

Free childcare available for children up to age eleven.

Please register for classes and childcare by calling 747-5577.

Facilitated by **Ginny Zobeck**.

August 20th & 27th: “Marriage: Part 1 and 2”

Study from the movie **"Fireproof"**. What better gift can you give your child than a safe, secure, and significant home life? This relationship will start with a healthy marriage.

September 3, 2009: “Parenting Myths”

Society has led us to believe many false concepts about parenting. These myths leave us feeling guilty, stressed, and with false expectations of our parenting role.

September 10, 2009: “Boundaries”

Come learn about your physical, mental, and emotional boundaries and how to teach your children to establish their own.

“ANGER & CONFLICT” SERIES

(Learning about anger with the help of Hollywood movies and TV shows!)

Optional books are available for \$10.00.

September 17, 2009: “Identifying Anger”

What is anger? Where does anger come from? We will explore the faces of anger, the roots of anger, and anger myths.

September 24, 2009: “Anger Management: Part I”

We will look at five ways to handle anger and discuss various anger topics.

October 1, 2009: “Anger Management: Part II”

Our focus will be assertive anger as we discuss various anger topics.

October 8, 2009: “Understanding Conflict & Responding to Conflict”

We will investigate responses to conflict, including the “Escape/Attack” versus “Work It Out” models, choices and consequences, playing the “Blame Game,” and “The 5 A’s for Resolving Conflicts.”

October 15, 2009: “Preventing Conflict”

We will learn about forgiveness, altering choices, thinking before we speak, the “Communication Pie,” and making appeals.

October 22, 2009: “Unmet Needs & Various Emotions Which Cause Anger”

Topics will include needs, lack of love, too much control or dependency, self-inflicted anger, and emotions (pride, fear, loneliness, inferiority, and superiority).

“BEYOND CONSEQUENCES, LOGIC & CONTROL” SERIES

The first three classes are very important to the understanding of this parenting model.

Optional books are available for \$15.00.

NOTE: This class is especially helpful to foster/adoptive parents, parents of children with severe behaviors, and parents of children who have experienced any type of trauma.

October 29, 2009 Video 1: The Four Principles; The Stress Model; Love & Fear; Regulation & Dysregulation

November 5, 2009 Video 2: Repetitious Conditioning; Feedback Loops

November 12, 2009 Videos 3&4: Trauma and Memory; Your Own “Unfinished Business;” Responsibility Over Reactivity

November 19, 2009 Videos 5&6: Lying, Stealing, Hoarding, and Gorging

November 26, 2009 NO CLASS

December 3, 2009: Videos 7&8: Aggression and Defiance

December 10, 2009: Videos 9&10: Lack of Eye Contact; Tying It All Together

BROWN BAG LUNCH VIDEO CLASSES

An Extension of the Biblical Parenting Classes

TUESDAYS ~ Noon - 1:00 p.m.

Family Guidance & Outreach Center

#5 Briercroft Office Park

Please call 747-5577 to register.

Childcare NOT available.

Are you too busy at night to attend parenting classes? Do you work during the day? Or are you a stay-at-home parent with a full schedule? We have a parenting class just for you!

Everyone needs to have lunch, so why not start learning better parenting techniques at the same time? Bring your own brown bag lunch to eat while you watch instructional Christian parenting videos, discuss parenting techniques, and share ideas with other parents.

If you only have one hour for lunch, please join us from Noon until 1:00 p.m. If you have more time, you may choose to stay until 1:30 p.m. to discuss and share with other parents.

“Essentials of Discipline” by James Dobson

Sept. 15, 2009 “Discipline;
Irresponsibility/Defiance”

Sept. 22, 2009 “Anger/Action; Balance in
Discipline”

Sept. 29, 2009 “To Spank or Not to Spank;
Compliance/Defiant”

October 6, 2009 “Changing Discipline as
Your Child Grows”

October 13, 2009 “Protecting the
Spirit/Wounded Spirit”

October 20, 2009 “The Strong-Willed
Adolescent”

October 27, 2009 **No Class**

“Shepherding a Child’s Heart” by Tedd Tripp

Nov. 3, 2009 “Goals and Objectives
(Ages 0-5)”

Nov. 10, 2009 “Goals and Objectives
(Ages 6-12)”

Nov. 17, 2009 “Goals and Objectives
(The Teen Years)”

If you would prefer to receive future parenting class schedules via email or if you would like to be removed from our mailing list, please call 747-5577.

Additional classes on reverse side.