



**Parenting Guidance Center
#5 Briercroft Office Park
Lubbock, Texas 79412**

*******FREE PARENTING CLASSES*******

All classes begin PROMPTLY at 6:30 p.m. and are over at 8:30 p.m. Pizza will be served.
NO CHILDCARE PROVIDED.

For more information or to register for a class call 747-5577.

CLASS SIZE IS LIMITED--YOU MUST REGISTER FOR EACH CLASS!

Visit our website at www.lubbockparentconnection.org.

- August 25, 2009** **“Dino-Might Tykes” by Rachel Clark**
Discover new tips and learning activities to help you manage your children’s anger through discussion, role play, and crafts. This course is especially helpful for parents who have children that are 3 to 6 years old.
- August 27, 2009**
(Thursday) **“Anger Wranglers” by Charlotte Davidson**
Anger is a normal human emotion, but children must be taught positive ways to express their anger. Come learn new ways to help you teach children how to handle anger appropriately. This course is especially helpful for parents who have children that are 7 to 9 years old.
- September 8, 2009** **“I Love This Kid but He Is Driving Me Nuts: Part I” by Jim Gamble, Ed.D**
Understanding the complexities of living with and dealing with children and adults with ADHD.
- September 15, 2009** **“I Love This Kid but He Is Driving Me Nuts: Part II” by Jim Gamble, Ed.D**
Find out about ADHD support and survival guide for ADHD for parents.
- September 22, 2009** **“Setting Limits: Part I” by Carolyn Lackey, Parent Educator**
Say goodbye to threats, spankings, and repeating or reminding!
- September 29, 2009** **“Setting Limits: Part II” by Carolyn Lackey, Parent Educator**
Learn how to set firm limits and support your words with effective action.
- October 13, 2009** **“Great Beginnings with Your Terrific Toddler” by Pat Driskill, Ph.D.**
Helps parents maximize the positive aspects of toddlerhood while minimizing difficult behaviors.
- October 20, 2009** **“The Development of Your Toddler” by Shauna Frisbie, Ed.D.**
This class will focus on teaching parents how to help their toddler develop appropriate emotional and social skills. Topics that will be discussed include: getting along with others, understanding the child’s feelings, and handling temper tantrums.
- October 27, 2009** **“Terrific Toddlers and Preschoolers: Teaching and Discipline That Work” by Pat Driskill, Ph.D.**
This class will focus on understanding how to encourage positive development, manage challenging behaviors, and teach skills that will make being with your preschooler easier and more fun. We will look at strategies for following directions, managing negative feelings, and learning time-out, as well as ways to improve daily routines.
- November 10, 2009** **“Healthy Relationships” by Jim Schneider, M.Ed, LPC**
Learn how to start conversations, how to compromise, and how to reduce stressors to have a healthy relationship for yourself and your family.
- November 17, 2009** **“Blended Stepfamilies/Bonding with Your Stepchildren” by Wilma Edwards, MSSW, LMSW**
This class will focus on family rules and discipline, co-parenting, family meetings, problem solving, visitation, and communication.

K.I.D.S. ~ Knowledge in Divorce Situations

Court-Ordered Class for Divorce and Custody Issues—Offered First Tuesday of Every Month (**\$30.00 Per Person**)

August 4 September 1 October 6 November 3 December 1

Special Series: “Becoming a Love and Logic Parent” by Dina Pender, LISD Educator

This seven week series is designed to give you practical skills that can be used to help you feel more confident as a parent, have more fun parenting, and feel more relaxed at the end of the day. This course addresses many of the day-to-day frustrations of being a parent. Classes are every **Monday** from **September 21st - November 2nd** from **6:30 p.m. to 8:00 p.m.**

Additional classes on reverse side.