

## Parenting Classes and Workshops FALL 2011

### Active Parenting 1234

**Mondays, September 12, 19 & 26, 2011**

**6:30 – 8:30 p.m.**

This three-week series looks at the various stages of early childhood development from ages 1 – 4. Topics of discussion are: understanding misbehavior, listening and talking to young children, the art of setting limits, and the importance of providing discipline. Each participant will receive Active Parenting Your 1 – 4 Year Old Guide, by Michael Popkin, Ph. D.

**Location: Santa Clarita Activities Center – Canyon Room**

**Instructor: Carri Arquilevich**

### Active Parenting of Teens

**Tuesdays, October 4, 11, 18, 25 and November 1, 8, 2010**

**6:30 p.m. – 8:30 p.m.**

In this six-week series, parents will learn the skills required to meet the challenges of parenting teens and preteens in today's society. Parents will learn skills for effectively handling family problems through clear, honest communication and respectful discipline. Special attention will be given to problems of teen drug use, sexuality, and violence, providing parents with helpful prevention guidelines. Each participant will receive Active Parenting of Teens Parent's Guide; by Michael Popkin; Ph.D.

**Location: College of the Canyons – University Center Room 305**

**Instructor: Glenda Bona**

### Active Parenting Now

**Fridays, October, 7, 14, 21, 28, and November 4, 18, 2011**

**9:00 – 11:00 a.m.**

In this six-week series, parents will learn the skills to help develop cooperation, responsibility, and self-esteem in their children, and prepare them to meet the challenges of teenage years. This program also teaches parents positive, non-violent disciplinary techniques to avoid struggles, effective communication, and problem-solving strategies. Each participant will receive Active Parenting Now Parent's Guide, by Michael Popkin, Ph.D.

**Location: COC Center for Early Childhood Education – Room B**

**Instructor: Carri Arquilevich**

### The Whole Child: A Child Development Series: Infant/Toddler, Preschool, School Age & Adolescence

**Mondays, October 17 & 24, 2011**

**6:30 p.m. – 8:30 p.m.**

Children grow and develop at different rates. While their pathways through childhood differ, most pass a set of predictable milestones along the way. Learn what to expect during the different stages of development and how to foster healthy development (emotionally, physically and cognitively) in your children. During the first session infant/toddler and preschool age will be addresses. In session two, school age and adolescence will be discussed.

**Location: College of The Canyons University Center – Room 305**

**Instructor: Renee Marshall**

### Crossroads of Parenting and Divorce

Wednesday, November 2, 9, 16, 2011

6:30 – 8:30 p.m.

This three-week program is designed to prevent divorce abuse—a specific type of emotional abuse that divorcing parents cause when in their anger and bitterness, they lose sight of their child's needs. Topics that will be addressed are: keeping your child out of the middle, allowing your child to love both parents, working on your own recovery, developing new communication skills, creating a positive new relationship as co-parents. An easy-to-read parent workbook will be provided giving you vital information and real-life examples so you can practice the new skills at home.

**Location: Santa Clarita Activities Center – Canyon Room**

**Instructor: Glenda Bona**

### Taming Your Temper: An Anger Management Solution

Mondays, November 7, 14, 21, 2011

6:30 – 8:30 p.m.

This three-week course is intended to offer adults specific tools on how to control or manage their anger. These skills can successfully be applied in the workplace, in relationships, while driving, with one's family, or in any situation where anger control is an issue.

**Location: Valencia Library – Community Meeting Room**

**Instructor: Mary McGrath**

### The Five Languages of Love

Tuesday, September 20, 2011

6:30 – 8:30 p.m.

In this workshop, parents will learn that they naturally give and receive love in different ways. The Five Languages of Love can help make your child feel secure, loved, and more willing and open to interact with you and your family.

**Location: Canyon Country Library – Community Meeting Room**

**Instructor: Ruby Solis**

### Navigating the Adolescent World: An Interactive Parent Workshop

Wednesday, September 21, 2011

6:30 – 8:30 p.m.

Teens seem to be testing parental limits more than ever. Communication and discipline strategies will be taught so parents can support their teens as they face the difficult challenges of adolescence, and create a healthy and balanced home life.

**Location: Santa Clarita Activities Center – Santa Clarita Room**

**Instructor: Mary McGrath**

### Problem Behavior...or Food? Does Food Affect Behavior?

Tuesday, September 27, 2011

6:30 p.m. – 8:30 p.m.

There is a growing concern among parents that negative behaviors displayed by children may result of a poor diet. The issue of whether or not certain foods or additives contribute to behavioral problems in children has been disputed for years. Come find out from a licensed nutritionist how your child's diet can be contributing to their negative behavior. Learn how to provide the adequate nutrients to your children to see improved behavior

**Location: Valencia Library– Community Meeting Room**

**Instructor: Nicole Meadow**

**The Mask of Depression in Children and Adolescents: What Parents Can Do to Help**

**Wednesday, October 12, 2011**

**6:30 p.m. – 8:30 p.m.**

Depression is a real problem that both children and adolescents manage on a daily basis. The causes range from environmental factors to heredity. This workshop will help parents identify the signs of depression, and teach strategies to manage and alleviate some of the symptoms, focusing on improving the family as a whole.

**Location: Canyon Country Library– Community Room**

**Instructor: Chris Jones**

**Mean Girls: Helping Daughters Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence**

**Thursday, October 13, 2011**

**6:30 – 8:30 p.m.**

Parents will learn about the “Mean Girl” culture and identify the signs if their child is being affected. Strategies will be discussed to help their children navigate the challenges of the school years and support their resiliency. Particular challenges and survival skills will be emphasized. Case conferencing is included during the workshop to allow parents to discuss their specific situations.

**Location: Valencia Library – Community Meeting Room**

**Instructor: Mary McGrath**

**The Bully Busters**

**Wednesday, October 19, 2011**

**6:30 – 8:30 p.m.**

Parents will learn to identify the warning signs of bullying, and what to do if your child is being mistreated. Specific strategies and techniques for school-age children will be taught to support and empower your child to address bullying behavior – whether he is the victim or the perpetrator.

**Location: Valencia Library – Community Meeting Room**

**Instructor: Chris Jones**

**Addiction in Today’s Youth: What Parents Need to Know About Drug & Alcohol Abuse**

**Thursday, October 20, 2011**

**6:30 p.m. – 8:30 p.m.**

As a caregiver, have you ever asked yourself any of these questions? How would I know if my child was using drugs or alcohol? What are the signs and symptoms? How would I know if they really had a problem with it? What are the most commonly used drugs kids take and what are their effects? Why would they be using drugs? How and where can I get help? Answers to these questions will be discussed as well as the warning signs and symptoms of use and abuse. Resources will be provided.

**Location: Santa Clarita Activities Center – Canyon Rooms A&B**

**Instructor:**

**The Resistant Child: Managing Daily Behavior Challenges**

**Thursday November 3, 2011**

**6:30 – 8:30 p.m.**

Many parents struggle at times with the behaviors that their children display. So, what can we do to reduce these negative behaviors? Learn some positive behavioral techniques and interventions for common negative behaviors. This workshop will introduce parents to basic behavior management techniques that can be utilized to successfully manage every day behavior difficulties along with methods to increase their child's skills in daily routine tasks such as self-care and independence.

**Location: Valencia Library – Community Room**

**Instructor: Michelle Heid**