

Strong Families, Safe Kids

## Active Parenting classes are here to help!



If you have a child, chances are you've had your fair share of challenging days. Join our fun and interactive classes!

## Active Parenting Classes can help you:

- Balance discipline with affection
- Praise your child's good behavior
- Reduce problem behaviors
- Minimize power struggles
- Communicate effectively
- Challenges of COVID-19 and its impact on parenting

Classes available at no cost to Orange County parents and caregivers.

Class size is limited. *Pre-registration is required.* 

Please call

Magnolia Park Family Resource Center
at (714) 530-7413 to register.

Parenting Class via ZOOM (Classes will be held in English.)

Join us from the comfort of your home with your smartphone or computer

Schedule: Wednesdays, 5:00 p.m. – 7:00 p.m. January 20, 27 | February 3, 10, 17, 24

## **Topics for School-Aged Children**

**Session 1 - The Active Parent** 

**Session 2 - Cooperation & Communication** 

Session 3 - Responsibility & Discipline

Session 4 - Building Courage & Self-Esteem

**Session 5 - Understanding and Redirecting Misbehavior** 

**Session 6 - Active Parenting for School & Graduation** 

Session 7 - Putting It All Together, Q&A

Funded by: OC Health Care Agency (OCHCA), Behavioral Health Services, Prevention & Intervention, Mental Health Services ACT/Prop. 63





