

Sign –up for Parenting Classes Today!

# Make Parenting a Pleasure



New Session  
Begins  
April  
2010

Tuesdays  
Thursdays  
4:30-6:30pm

This class is for you if you would like to:

- Learn practical stress management and communication skills
- Gain a greater understanding of your child
- Learn effective parenting skills and positive approaches toward discipline
- Build a support network

## Valley-Hi Florin Family Resource Center

7000 Franklin Blvd.  
Suite 820  
Sacramento, CA 95823

For More Information  
Phone: (916) 290-8247  
Fax: (916) 422-0112



CPS and  
Court  
Approved!

Limited space available.

Open enrollment up to  
Session 3.

Please call to reserve  
your place in the class.

Play care available.

**Birth  
& Beyond**  
Community Response

  
**SACRAMENTO**  
CHILDREN'S HOME

 **FIRST 5**  
SACRAMENTO  
United Children  
Building Their Future



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## Class Session Topics

Session 1	Getting Started
Session 2	Nurturing: Taking Care of Ourselves
Session 3	Understanding Stress
Session 4	Stress & Anger Management: Techniques
Session 5	Managing Anger, Modeling Alternatives
Session 6	The Dance of Communication: Nonverbal
Session 7	Communication: Listening Skills
Session 8	Verbal Communication
Session 9	Child Development: The Basics
Session 10	Discipline: Laying The Foundation
Session 11	Discipline: The Parents Toolbox
Session 12	Discipline: Challenging Behaviors
Session 13	Closure: Saying Goodbye