



Parenting Support & Solutions

Fall Parenting Classes and Support Groups

Positive Discipline

Real Life Strategies for Developing Capable Young People

This 7 week class teaches parents to use kindness and firmness to teach life skills and encourage self-respect, self-discipline, cooperation, good behavior and problem-solving. Learn positive discipline strategies that work better than punishment while you **promote responsibility and mutual respect for all ages of children**. Save your sanity on a daily basis and help children do better because they feel better. *Classes led by Susan Holt MSW, IUSD Guidance Resources*

MONDAY EVENINGS from 7:00pm to 9:00pm – **7 weeks – November 17, 2008**

WEDNESDAY MORNINGS from 9:00am to 11:00am – **7 weeks – November 19, 2008**

COST: \$70 per person/\$85 for couples (includes book and materials) class fills quickly, call early

TO REGISTER: Call Susan Holt at 949-936-7987

LOCATION: Irvine Family Resource Center – WHS campus

Helping Your Child at School

Dealing with Homework and Encouraging Motivation

FOR Elementary and Middle School Parents (ages 5-14)

Parents will get key information on establishing healthy homework habits and a good relationship with teachers and school. Avoid homework battles and promote attitudes that lead to school success. Parents will find support to problem-solve school adjustment difficulties and learn to encourage and coach so that children can work more independently for school success. *Led by Cheri Wood, IUSD Guidance*

Resources, certified AP trainer

THURSDAY MORNINGS – 10:00 to 12:00 – 6 weeks - Starts October 9, 2008

COST: \$25 per person/\$35 per couple

TO REGISTER: go to www.irvineadultschool.com or call Irvine Adult School at 949-936-7457

LOCATION: To be announced

Active Parenting of Teens

FOR PARENTS OF 12 to 18 – Teens and Pre-Teens

As parents today, we are facing social and family issues that are far different than in the past. ***Active Parenting of Teens*** is a highly acclaimed workshop for parents and others which will help you gain the knowledge and skills needed to provide positive effective parenting with pre-teens and teens. Learn effective ways to instill courage and self-esteem, deal with negativity, develop responsibility, win cooperation, give consequences, increase positive communication, and deal with challenging topics like values, sexuality, violence, alcohol and other drugs.

Led by Cheri Wood, IUSD Guidance Resources and IAS certified AP trainer

WEDNESDAY EVENINGS - 7pm to 9 pm - 7 WEEKS – Starts October 8, 2008

TO REGISTER – go to www.irvineadultschool.com or Call Irvine Adult School - 949-936-7457

COST: \$35 per person/\$45 per couple (supported by Irvine Adult School)

LOCATION: New Creekside Education Center Harvard and Barranca- N21

PLEASE SEE OTHER SIDE▶

Active Parenting Now

FOR PARENTS OF 2 to 12 year olds

Being a parent today often seems more difficult than ever before. Kids and families face social and emotional pressures far different from those in the past. Positive parenting skills and healthy family communication are more important than ever. Learn effective alternatives to punishment, eliminate power struggles, increase positive communication and teach crucial life skills. Help your kids develop responsibility, self-discipline and resiliency. *Led by Cheri Wood, AP trainer*

TUESDAY EVENINGS – 7:00 to 9:00 – 6 WEEKS - Starts Tuesday, October 7, 2008

TO REGISTER – go to www.irvineadultschool.com or Call the Irvine Adult School - 949-936-7457

COST: \$35 per person/\$45 per couple (supported by Irvine Adult School)

LOCATION: Meets at new Creekside Education Center –(Harvard and Barranca) – Room N21

Active Parenting for Step Families

A 3 session workshop that will teach parents and step-parents skills needed to build a successful step-family. Learn how to blend family histories, traditions and values, establish parental authority using positive discipline techniques that work, improve communication and build relationships with respect and trust.

You can prevent power struggles and set boundaries that work for the whole family.

Get energized to make positive changes that will increase family strength.

THURSDAY EVENINGS – 7:00 to 9:00 – 3 weeks – starts October 30.

TO REGISTER – go to www.irvineadultschool.com or Call the Irvine Adult School - 949-936-7457

COST: \$35 per person/\$45 per couple (supported by Irvine Adult School)

LOCATION: Meets at new Creekside Education Center –(Harvard and Barranca) – in the MPR

Parent Support Group

FOR PARENTS WITH CHILDREN OR TEENS OF ANY AGE

A drop-in support group meeting weekly and open to all. We use Active Parenting strategies to problem-solve parenting challenges and support each other while we learn.

Come for support, skill-building and friendship. Everyone welcome to drop-in.

Led by Cheri Wood, IUSD Guidance Resources, certified AP Trainer

FRIDAY MORNINGS – 10:00 to 12:00 – 7 weeks - Starts October 24, 2008

\$5 per week - TO REGISTER – call Susan at the IFRC at 949-936-7987

LOCATION: Meets at Irvine Family Resource Center – WHS campus



Guidance Resources Department

The Irvine Family Resource Center and IUSD Guidance Resources present

Developing Capable Young People with **POSITIVE DISCIPLINE**

Experience profound improvement in your relationships with young people, from pre-school to high school

*As parents and caregivers of growing young people, we are all wondering what we can do to help our children become capable people who have the capacity to live effectively. Take this helpful **7 week class** and you will learn to use **POSITIVE DISCIPLINE** strategies with all ages. Many parents have said that learning these skills turned their families around:*

- *Build a strong foundation for life skills for the whole family*
- *Win cooperation and respect – for you and for them*
- *Avoid power struggles – follow through with dignity and respect*
- *Teach children how to think and solve problems*
- *Manage conflict and anger in healthy ways and increase connection*
- *Enforce your message of love with kindness and firmness at the same time*
- *Meet the special challenges of any developmental stage*

MONDAY EVENINGS – 7 pm to 9 pm for 7 weeks - Starts November 17

WEDNESDAY MORNINGS - 9:00 to 11:00 – 7 weeks - Starts November 19

Classes led by: Susan Holt, MSW - Irvine Family Resource Center

Class fills quickly – call soon!

COST: \$70 per person/\$85 for couples (includes book and materials)

TO REGISTER: Call Susan at 949-936-7987

LOCATION: Irvine Family Resource Center

