



# **Parenting Support & Solutions**

## **POSITIVE DISCIPLINE**

### ***Real Life Strategies for Developing Capable Young People at any age***

This 7 week class teaches parents to use kindness and firmness at the same time, 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 everyone in your home**. This information will change the way you parent! Save your sanity on a daily basis and help children and teens become capable and resilient. They will do better because they feel better. You will raise capable, competent kids for the 21<sup>st</sup> century.

*Classes led by Susan Holt MSW, certified Positive Discipline trainer - Irvine Family Resource Center*

**THURSDAY MORNINGS from 9:30am to 11:30am – 7 WEEKS – Starts April 15**

***COST: \$50 per person/\$65 for couples***

LOCATION: Room N25 - Creekside Education Center- corner Barranca and Harvard

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## **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, MA, certified AP trainer*

**WEDNESDAY EVENINGS from 6:30pm to 8:30 pm- 7 WEEKS – Starts March 17**

***COST: \$50 per person/\$65 for couples***

LOCATION: Room N21 – Creekside Education Center – corner of Harvard and Barranca

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## **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*

**MONDAY EVENINGS – 6:30 to 8:30 – 7 weeks – Starts March 15**

*Class will meet at Greentree School*

**TUESDAY EVENINGS – 6:30 to 9:30 – 7 weeks Starts March 16**

*Class will meet at Santiago Hills School*

**THURSDAY MORNINGS – 9:30 to 11:30 – 7 weeks – Starts March 18**

*Class meets at Room N21 at Creekside Education Center*

***COST: \$50 per person/\$65 for couples***

**PLEASE SEE OTHER SIDE ►**

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# **FREE Parent Support Group**

## **FOR PARENTS OF K-12 Children**

This group will meet weekly and is open to all Irvine parents of children and teens of any age. Come and get some support in a relaxed setting, learn some positive parenting skills, and make some new friends. We use active parenting and positive discipline strategies to problem-solve parenting challenges and we support each other while we learn. Topics covered in discussion may include: handling anger in the family, how to listen and communicate with respect, homework issues and school challenges, stress and anxiety, and building developmental assets for school and life success. *Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources*

**TUESDAY MORNINGS – 9:30-11:30 – 7 weeks – Starts March 16**

LOCATION: FREE - Group meets at Paradise Perks Café – Irvine Center Drive and Jeffrey

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**CALL TO SIGN UP NOW**

☆ **YOU MUST REGISTER AHEAD FOR ALL CLASSES:** ☆

**Call Susan Holt at 949-936-7502**

**Classes fill quickly – call soon!**

(Some scholarships available)

We regret we are not able to offer childcare – so sorry - parents only at classes

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## **NEXT SESSION of CLASSES:**

*Active Parenting Now:*

*Monday eves – starts May 10*

*Tuesday eves. – starts May 11*

*Thursday mornings – starts May 13*

*Active Parenting of Teens*

*Wednesday evenings – starts May 12*

***FREE Support Group***

*Tuesday mornings – starts May 11*

## **-Special Note-**

For families with children 0-5 years old  
Parent Classes are offered at the IUSD School Readiness Program  
Call 949-936-5870 or go to <http://schoolreadiness.iusd.org>  
Some childcare provided at some classes



**PLEASE SEE OTHER SIDE ►**

