



Parenting Support & Solutions

POSITIVE DISCIPLINE for Building Capable Kids

Real Life Strategies for Developing Capable Young People at any age

This innovative class teaches parents of *children and teenagers* of all ages 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 21st century.

FOR PARENTS OF K-12 – MONDAY EVENINGS - 6:00 pm to 8:00 pm – 7 WEEKS – starts January 23, 2012

Meets at Creekside Education center – Room N-25 - Led by Vibha Galal, certified Positive Discipline Trainer

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

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 video-based workshop for parents and others that 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, use consequences and problem-solving, increase positive communication, and deal with challenging topics like values, sexuality, violence, alcohol and other drugs.

Led by Cheri Wood, MA, IUSD Guidance Resources, certified Active Parenting Trainer

THURSDAY EVENINGS from 6:30pm to 8:30 pm- 7 WEEKS – Starts January 19, 2012

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

Class meets in Room N21 – Creekside Education Center – 3387 Barranca Parkway, Irvine

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 through this video-based workshop.

Led by Cheri Wood, IUSD Guidance Resources, certified Active Parenting trainer

TUESDAY EVENINGS – 6:30pm to 8:30pm – 7 weeks Starts January 17, 2012

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

Class meets at Room N21 at Creekside Education Center – corner 3387 Barranca Pkwy., Irvine

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 assets for school and life success.

MONDAY MORNINGS – 10am - 12:00 pm – ongoing – Starts January 9, 2012 – no charge

LOCATION: This **FREE** group meets at Paradise Perks Café – corner of Irvine Center Drive and Jeffrey
Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources

Helping Your Child Succeed In School

For Parents of K-6 Students

Dealing with Homework, Problem-Solving School Challenges, Encouraging Motivation,
Learning about Test-taking, Understanding Your Child's Learning Style,
Encouraging Positive Attitude and Good Social Skills for School Success
Positive Discipline and Active Parenting Strategies

FRIDAY MORNINGS – 10:00-11:30 – 4 weeks - Starts January 20, 2011

Meets at Creekside Education Center – Training Center-room N25 – cost \$25 per person
Led by Cheri Wood, certified Active Parenting instructor, IUSD Guidance Resources

CALL TO SIGN UP NOW FOR A CLASS

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

