

FREE

FAMILY ADVOCACY

Classes are held at Bldg. 1191, Menoher Drive, JB Andrews
Please call to sign up as seating is limited

240-857-9680

2018 Schedule

Dads 101
Tuesdays
0830-1600

30 Jan 26 Jun
27 Feb 31 Jul
27 Mar 28 Aug
24 Apr 25 Sep
22 May 30 Oct
27 Nov



***Parenting with Love and Logic**
Wednesday
1300-1500
14,21,28 Mar
6,13,20 Jun
12,19,26 Sep
5,12,19 Dec

NEW

***Prep 8.0**
Tuesday
1300-1600

6,13,20,27 Feb
1,8,15,22 May
7,14,21,28 Aug
6,13,20,27 Nov



***Shake it Off**
Thursday
0800-1000

4,11,18,25 Jan
5,12,19,26 Apr
9,16,23,30 Aug
1,8,15,29 Nov



***Parenting of Teens**
Mondays
1100-1300

12,19,26 Feb
6,13,20 Aug

**(*)All classes are series based, except Dads101.
Must attend all classes within the month.**

CLASS DESCRIPTIONS

Self Care

Shake it Off: Learn basic strategies to reduce both the emotional and physical responses that anger and stress can cause. Improve the quality of your health and your life and reduce negative effects of stress and anger through behavioral change and relaxation techniques.

Parenting Classes

Active Parenting of Teens: Learn how to increase cooperation, provide clear guidance, and increase your insight into teen/tween issues, to include improving their confidence, school grades and self esteem and reduce risky behaviors.

DADS 101: A class for new or expectant dads taught by dads. Learn more about pregnancy, labor and delivery, communication with your spouse, caring for an infant, and keeping your baby safe.

Parenting with Love and Logic: This class provides simple and practical techniques to help parents raise responsible kids, have more fun while parenting, and easily and immediately change their children's behavior. This Love and Logic method causes the child to see their parent as the "good guy" and develop an internal voice of personal responsibility. Kids who develop this internal voice become more capable of standing up to peer pressure.

Relationship Skills

PREP 8.0: This curriculum will build on the existing strengths of the couple and add critical life and relationship skills that will help participants create safer, more stable couple relationship, and by extension better environments for their children. It will also address the vulnerabilities couples face while presenting these vulnerabilities as challenges that can be overcome. While couples do a great deal of work and reflection together, an emphasis is placed on what the individual thinks, does and reacts to since couples are only as healthy as the individual that comprise them.