

2019 Family Advocacy Classes

Strengthening Relationships & Parenting Skills

* **How to Avoid Falling in Love with a Jerk/Jerkette: The Foolproof Way to Follow Your Heart without Losing your Mind** **DATE: March 8, 2019**

Learn how to break destructive dating patterns that have kept you from finding the love you deserve. Learn how to rely on both your heart and head. Learn the Relationship Attachment Model. This class is primarily for those currently single to help them identify healthy dating partners.

* **PREP 8.0 (Communication for Couples)** **DATE: Jan 8, 15, & 22** **TIME: 12:00-1600**

Builds on the existing strengths of the couple and adds skills that will help participants create a safer, more stable couple relationship and better environments for their children.

* **Shake it Off** **DATE: March 14 & 21** **TIME: 1200-1600**

Learn basic strategies to reduce both the emotional and physical responses that anger and stress can cause.

* **Parenting with Love and Logic** **DATE: Feb 6, 13, & 20** **TIME: 1300-1600**

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.

* **Parenting of Teens** **DATE: Feb 11, 18, & 25** **TIME: 11:00-1400**

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** **DATE: Jan 29th Feb 26th March 26th** **TIME: 0830-1600**

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.

* **Please Note:** All classes are series based except DADs 101. Must attend all classes within the month. Please contact JBA Family Advocacy Office at (240) 857-9680 for registration and/or inquires about classes.