# **Upcoming Parenting Classes**

Free to everyone thanks to RAYMER





# **Best Beginnings**

Thursdays, Aug 14 - Sep 18 @3pm

- For New and Expecting Parents
- All About Baby's First Year
- · Routines, Safety, Milestones



### **Tots & Toddlers**

Mondays, Sep 8 - Oct 27 @10am

- Talk to Your Toddler
- **Emotional Awareness & Tantrums**
- **Potty Training**



### **Parent Like A Pro**

Tuesdays, Sep 16 - Nov 18 @6pm

- · General Parenting for All Ages
- Create Stronger Bonds
- · Discipline Effectively



# Nailed It! With Love and Logic

Mondays, Sep 15 - Nov 17 @6pm

- Parenting Older Children
- · End the Arguments
- · Avoid Power Struggles



## **Cooperative Coparenting**

Thursdays, Sep 18 - Nov 20 @6pm

- Effective Communication
- Conflict Resolution
- · Emotional Stability for Children



### 24:7 Dad

Wednesdays, Sep 17 - Nov 19 @6pm

- Just For Dads
- · Role of a Father
- Positive Parenting Skills



# **Families in Treatment & Recovery**

Wednesdays, Sep 17 - Nov 19 @11am

- Empower Families
- Impact of Substance Misuse on Children
- Restore Relationships



All classes will be held at **Pharos Parenting** (unless otherwise noted) 1602 Davie Ave. Statesville, NC 28677 Call 704-878-2227 to register



Scan or go to pharosparenting.org for more information



