## **Upcoming Parenting Classes**

## FREE TO THE PUBLIC THANKS TO RAYMER OIL COMPANY!



## **Tools for Constructive Parenting**

Some of the topics covered in this class include: putting an end to arguing, back talk, and begging. Teaching responsibility without losing their love, setting limits without waging war, and avoiding power struggles. *Participants must have a child age 5+ Timeframe: From March 18 to May 21, every Monday from 6:00pm-8:00pm*.

> Promotes empathy, discipline with dignity, self-worth, and empowerment. Attending all sessions will meet court and DSS requirements for mandated parenting classes.

Parent Like a Pro!

March 19 - May 22, Tuesdays from 6:00pm - 7:30pm

Parenting for Families in Treatment & Recovery from Substance Abuse This class covers the impact of substance use, mental illness, and trauma on parenting, the parentchild relationship, and children.

March 20- May 23, Wednesdays from 6:00pm - 7:30pm



Best Beginnings is for expecting parents or parents of infants. Infant safety, health, and other babyspecific topics will be covered.

Classes begin February 29th from 9:30 - 10:30 a.m.

## Build Your Parenting Toolkit

Tips & Tricks for Dads



This class is designed especially for dads looking to improve their parenting skills, break down the role of a father, learn the importance of coparenting, & more. \*This class will be held at I-CARE. (230 Adams St. Statesville, NC 28677).

March 20- May 23, Wednesdays from 6:00pm - 8:00pm

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





Scan or go to pharosparenting.org for more information

