

# You are invited to join us for **FREE** parenting classes!



**WHERE** – First United Methodist Church  
(921 N Main Street NW, Conyers, GA 30012)

**WHEN** - Tuesdays, January 24 - March 6, 2012  
6:30 PM - 8:30 PM

**WHAT** - - Active Parenting Now  
- Managing Stress & Anger in the Family  
- Parenting Skills for Families with Children  
who have Learning Differences  
- Padres de Activos Hoy

**WHY** - To give you the opportunity to “fine-tune”  
parenting skills

**WHO** - PCA Rockdale



**FREE Dinner & Childcare Registration**  
**required**

contact Diane Howington at (770) 483-7333  
or [director@pcarockdale.org](mailto:director@pcarockdale.org)



PCA Rockdale offers these programs  
**free of charge** to our community!



**Active Parenting Now** - is a 6 week program specially designed to address specific issues facing parents of infant to middle-school age children. This dynamic and interactive program can help you develop good communication skills, understand your child's development, and foster a cooperative and loving home environment.

**Managing Stress & Anger in the Family** - is a 6 week program designed to help parents gain more understanding of what stress is and how anger relates to it. Topics addressed are assertive communication, problem solving and conflict resolution, anger vs. violence, anger cues, relaxation techniques, time-outs and self control plans.

**Parenting Skills for Families with Children who have Learning Differences** - Parents learn about nurturing parenting skills to use specifically with children with ADD/ADHD. Emphasis is on ways to promote their children's success in school and at home. Discipline, communication, helping children express their feelings, and strategies for building self-worth and personal power are included in the 6 week program.

**Activos Padres de Hoy** - es la version en Espanol del galardonado programa de educacion para padres Active Parenting Today. Este no es un programa doblado o subtitulado - contiene grabaciones en video totalmente nuevas, realizadas con actores Latinos. Este programa aborda la problematica que concierne en particular a esta audiencia y que incluye: Como la forma en que educamos a nuestros hijos debe de adaptarse a la sociedad en que viven nuestros hijos. (Esto es un reto en especial para los padres que recientemente han inmigrado); La presencia de los familiares, la familia extendida, en el hogar; La importancia de aprender el idioma del pais en el que vive.