



Prevent Child Abuse Rockdale invites you to

FREE PARENTING CLASSES

FREE dinner & childcare provided
Classes available to everyone!

- 1, 2, 3, 4 Parents!
- Active Parenting of Teens
- Managing Stress & Anger in the Family
- Nurturing Skills for Families
- The Triple P - Positive Parenting Program
- Guide to Money Management

Classes will provide you with simple and effective skills which will empower you to parent with confidence, patience and understanding.

6 week classes start Feb. 6th and run through March 13th

**TUESDAYS
6:00 - 8:30
PM**

**Conyers First United Methodist Church,
921 North Main Street NW, Conyers, GA 30012
(Park in the back of the church, enter through the double doors)**



Space is limited, registration is required!

Contact Jo Ann Compton at 678.495.7112 or joann@pcarockdale.org
www.pcarockdale.org

PCA ROCKDALE OFFERS THESE PROGRAMS FREE OF CHARGE TO OUR COMMUNITY!

1, 2, 3, 4 Parents! is a video and discussion program designed for parents of children 1 - 4 year old age group. The program addresses basic parenting skills, the stages of development, and more. It is perfect for the new parent, teen parents and caregivers.

Managing Stress & Anger in the Family is a discussion 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 resolutions, anger cues, and self control plans.

The Triple P - Positive Parenting Program takes the guesswork out of parenting. Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience, and aggression. Triple P can help you deal with them all - and more!

Active Parenting of Teens is a discussion program packed with activities, real-world examples, and feedback. You will learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony to your home.

Nurturing Skills for Families is a family-centered discussion program designed to build nurturing parenting skills. The program features activities to foster positive parenting skills and self-nurturing, home practice exercises, family nurturing time, and activities to promote positive brain development in children birth to 18 years.

Guide to Money Management - Money management is key to improving or maintaining our financial situation. It influences where we live, what we drive and almost everything we do. Money and how it is managed are some of the most important things in our lives. Some of the topics this class will focus on are setting up a budget, banking and saving, paying taxes and managing debt.