



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

The Triple P - Positive Parenting Program

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

**6 week  
classes  
start April  
12th and run  
through  
May 17th**

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

**Common  
Ground  
Community  
Church  
7165 Turner  
Lake  
Circle SW,  
Covington, GA  
30014**



Space is limited, registration is **required!**

Contact Jo Ann Compton at 678.495.7112 or [joann@pcarockdale.org](mailto:joann@pcarockdale.org)  
[www.pcarockdale.org](http://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.

**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.

**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!