

PARENTING CLASSES

Monday Evenings
7:00 p.m. - 8:30 p.m.

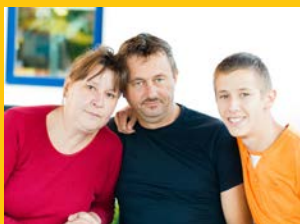
I'm a parent

Casa Youth Shelter
10911 Reagan Street
Los Alamitos, CA 90720

Our 12-week curriculum is approved by Orange County Department of Probation and Orange County Social Services.

Certificates of Completion are provided.

Session fees are offered on a sliding scale not to exceed \$10 per session.



- Session 1: *Parenting Styles and Goals*
- Session 2: *Developmental Life Stage Tasks*
- Session 3: *Feelings and Coping Strategies*
- Session 4: *Anger Management Skills*
- Session 5: *Building Successful Communication Skills*
- Session 6: *Setting Age Appropriate Limits*
- Session 7: *Consequences and Encouragement vs. Punishment and Praise*
- Session 8: *Family Roles, Boundaries and Alliances*
- Session 9: *Problem Solving Strategies and Family Appreciation*
- Session 10: *Drugs, Alcohol and Defiance*
- Session 11: *Single Parenting and Blended Families*
- Session 12: *Your Role in Your Child's Education*

**Sessions Run
All Year Long**



CASA YOUTH SHELTER

www.casayouthshelter.org

For more information:
1-800-914-CASA

Please register in person.
Walk-ins welcome.

Free Teen Drop-In Group
7:00 p.m. - 8:30 p.m.

I'm a teen

For teens ages 12-17 years
whose parents are attending classes.

The Teen Group discussions are aligned with
the Parenting Class topics.