

IMPROVING LIVES COUNSELING SERVICES

PARENTING SERIES

Online Parenting Class Series	Mondays for Six Weeks 6:30 – 8:00 pm
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Presenter Lauren Alvarez, MA. Certified Parent Educator and School Counselor

Registration laalvarez@oru.edu

Cost Free for Sooner Care Clients, \$10 per session for self-pay

Technology Need a computer, cellphone or tablet device to join online

6:30-8:00 PM	Pick up your Socks! Building Responsibility in Children: Learn strategies for building cooperation and responsibility with creative chore ideas.	Monday, 1/4/21
6:30-8:00 PM	Effective Communication for Parents: Learn about communication blocks, improving communication, and the Active Listening technique.	Monday, 1/11/21
6:30-8:00 PM	Creative Consequences: Learn about logical consequences and creative consequences in tough situations.	Monday, 1/25/21
6:30-8:00 PM	Dealing with Anger in the Family: Learn how to prevent and respond to situations involving angry outbursts with practical tips for parenting and de-escalation.	Monday, 2/1/21

6:30-8:00 PM	Parenting the Whole Brained Child: Learn how your child's brain impacts behavior and effective brain-based strategies for responding to your child.	Monday, 2/8/21
6:30-8:00 PM	I Can't! Building Motivation and Developing a Growth Mindset: Learn strategies for developing perseverance, grit, and a different way to think about challenging things when kids want to give up.	Monday, 2/15/21

Additional Instructions:

We will offer these classes online to make it easier to attend and not have to worry about childcare. You will have the opportunity to learn new skills and ask for help in parenting situations that are causing you frustration. We will utilize a variety of curriculums including Parenting with Love and Logic, Active Parenting, Dr. Dan Siegel neuroscience strategies, and Practical Parenting Education. The goal is to make these classes practical and easy to apply right away at home.