

Workshops for Parenting Groups / Schools

What Kids Need to Succeed - Developmental assets that all children need to become winners, how parents and teachers can help build these assets in today's youth.

Helping Your Child Succeed in School

What children need to do well in school and how parents can become a team with teachers to help children reach their full potential.

Helping Your Child Become Responsible and Independent

Raising children to become the responsible, confident, independent adults they are meant to be.

Discipline for Preschool Children

Understanding the reasons for a child's misbehavior, creating an environment that encourages appropriate behavior, and using effective discipline techniques.

Discipline for School-Age Children

Exploration of "do's and don'ts" of discipline and the role parents play in managing their school-age child's behavior.

A Balanced Parenting Style - How parents communicate with and discipline their children. Demanding, permissive, balanced - Find the style that works best for your child.

Effective Family Communication

Improving the way your family communicates with each other, especially when dealing with conflict, creates a stronger family unit.

Enhancing Your Child's Self-Esteem

Characteristics of high and low self esteem and how to help your child build a healthy self esteem.

Strong Families, Happy Children - The five steps that foster lifelong joy in children, clarify factors that contribute to adult happiness, and identify the qualities of strong families.

Building Your Resiliency to Stress - The body's stress response, consequences of chronic stress and effective strategies for becoming more resilient so you can be healthier, happier and feel more in control of your life.

"Teening-Up" with Your Adolescent

Six-lesson series for parents of 9-14 year olds. Content: adolescent development, positive discipline, talking about dating, sex, drugs & alcohol, understanding teen anger/controlling yours, and empowering teens to build assets.

Overindulgence & Teaching Responsibility

Behaviors and hazards of overindulging children and how it can affect their ability to function as an adult.

Parenting Classes - A six hour course for parents or care-givers who need a parenting certificate for re-unification, custody issues, or who simply want to improve their parenting experience. Registration/fee for certificate.

Helping your Child Cope with Stress & Test Anxiety

Children's stress response and how adults can help children deal with daily stress and test anxiety.

Most workshops are free of charge, unless your agency has received grant money for parenting education.

For more information, to schedule a workshop for your group, or register for a class, contact:

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Persons with disabilities requiring special accommodations must contact Diana at least five working days in advance of workshop so that proper consideration can be given to your request.