

**UPDATED**  
**July 9, 2018**  
 (This schedule is subject to change)



Federal and State  
 Funding through MDHHS  
 & Region 10 PIHP  
 support these classes.

**Important information:**

- ✦ Participants must attend and participate in all sessions to qualify for the certificate of completion.
- ✦ Partners are encouraged to attend together to gain the most effective outcome.
- ✦ Teens are encouraged to attend Conflict Resolution with their parents.
- ✦ Children are not allowed to attend these classes.

**Contact Information:**  
  
 1110 Eldon Baker Dr.  
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**Parenting for Effectiveness (No fee)**

**Topics include:**

- Family Roles
- Bonding and Communication
- Parenting Styles
- Discipline vs Punishment
- Natural and Logical Consequences
- Effective Follow-through
- Drug and Alcohol Awareness
- Anger Management

CLASS	INSTRUCTOR	CONTACT NUMBER	DAY	TIME START/END	SESS. 1	SESS. 2	SESS. 3	SESS. 4	SESS. 5	SESS. 6	Make-Up
PFE-1	Lorraine Reischling	810-600-2726	WED	5:00-7:00 PM	Jul 25	Aug 1	Aug 8	Aug 15	Aug 22	Aug 29	Sept 5
PFE-2	Laurie Lawlor Clark	810-600-2729	WED.	1:00-3:00 PM	Jun 27	Jul 11	Jul 18	Jul 25	Aug 1	Aug 8	Aug 15

**Active Parenting of Teens (No fee)**

**Topics include:**

- Methods of Respectful Discipline
- Skill for Clear Honest Communication
- Drugs, Sexuality and Violence
- Concrete Strategies to Prevent Risky Behavior
- How to be an Encouraging Parent
- Character Building Skills for Teens

CLASS	INSTRUCTOR	CONTACT NUMBER	DAY	TIME START/END	SESS. 1	SESS. 2	SESS. 3	SESS. 4	SESS. 5	SESS. 6	Make-Up
APT-1	Laurie Lawlor Clark	810-600-2729	TUES	3:00-5:00 pm	JUN 19	JUN 26	JUL 3	JUL 10	JUL 17	JUL 24	JUL 31

**Conflict Resolution in the Family (No fee)**

**Topics include:**

- The difference between **a** problem and **the** problem
- The Anxiety Curve
- Problem solving techniques
- The difference between conflict and violence
- Anger triggers
- Drugs and alcohol awareness

CLASS	INSTRUCTOR	Contact Number	DAY	TIME START/END	SESS. 1	SESS. 2	SESS. 3	SESS. 4	SESS. 5	SESS. 6	Make-Up
CRF-1	Herbert Winfrey	810-600-2725	TUES.	7:00 -9:00 PM	Aug 7	Aug 14	Aug 21	Aug 28	Sept 4	Sept 11	Sept 18
CRF-2	Linda Espinoza	810-600-2731	TUES	3:00-5:00 PM	Jul 24	Jul 31	Aug 7	Aug 14	Aug 21	Aug 28	Sept 4

