

**Winter
2010**

Parenting Class Information

All parents are welcome; you do not need to be in a court case to attend any of the following classes.

Co-Parenting: Two Parents, Two Homes (in English or Spanish)*This class meets the parent education guidelines developed by the Supreme Court of Virginia.*

This four-hour class is designed to help parents focus on the responsibilities of parenting from separate households and keep children out of the middle as they negotiate custody, visitation, child support, or divorce.

Class fee: \$40.00 per person or \$60.00 per couple (includes book)

Classes are held weekly in English and once a month in Spanish.

Call 703-277-2666 for the current schedule.

Strengthening Your Parenting Skills (in English, Spanish, or Korean)*This class meets certain court requirements; call for details.*

This ten-hour, four-session parenting skills class is designed for parents or guardians of children from infancy through age eleven. The class focuses on basic knowledge for more effective parenting. Topics include: child safety, positive discipline, child development, effective communication, parenting styles, and setting limits and boundaries.

Class fee: \$60.00 per person or \$90.00 per couple

English class dates:

Thursdays: February 4, 11, 18, & 25, 2010

7-9:30 p.m.

Wednesdays: March 17, 24, (no class March 31), & April 7, 14, 2010

Spanish class dates:

Thursdays: March 4, 11, 18, & 25, 2010

7-9:30 p.m.

Korean class dates:

Tuesdays: January 12, 19, 26, & February 2, 2010

7-9:30 p.m.

Thursdays: April 8, 15, 22, & 29, 2010

Parenting Teens*This class meets certain court requirements; call for details.*

This twelve-hour, six-session class is for parents or guardians of adolescents from 12 to 18 years old. The class focuses on helping parents learn strategies to communicate more effectively with their teen and maintain that important parent-child connection. Topics include: communication, discipline, developing responsibility, growing independence, decision making, curfews, dating, school work, and alcohol, tobacco, and drug use.

Class fee: \$85.00 per person or \$125.00 per couple (includes one book)

Wednesdays: January 27, & February 3, 10, 17, (no class Feb.24), & March 3, 2010 7-9 p.m.

All classes are held at Dunn Loring Center, 2334 Gallows Road, Dunn Loring, Virginia 22027

Advanced registration is required.

Call Susie Johnson at 703-204-4343

Parenting Class Information

2010



Talk More... Fight Less

Many conflicts in families could be prevented or quickly resolved through effective communication. This 2 ½-hour class will focus on strategies for improving communication and respectfully resolving conflicts when misunderstandings arise.

Class fee: \$20.00 per person or \$35.00 per couple

Wednesday: February 24, 2010

7-9:30 p.m.



Unmarried with Children

This 2½ hour class is designed for unmarried parents, whether living together or not. Issues such as paternity, child custody, gate keeping vs. co-parenting and your legal rights and responsibilities will be discussed.

Class fee: \$20.00 per person or 35.00 per couple

Thursday: March 25, 2010

7-9:30 p.m.

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Successful Single Parenting

Successful parenting when you are single can be both challenging and rewarding. Sound information is often the key to turning a challenge into a win/win situation. This 2½ hour class will allow you to network with other single parents and discuss topics including: managing finances, stress, and time; strategies for discipline, parent/child communication, and how to get the support you need to be a successful single parent.

Class fee: \$20.00 per person or \$35.00 per couple

Wednesday: January 20, 2010

7-9:30 p.m.

Advanced registration is required.

Classes are for adults only. Please do not bring children.

Discounts are available if you take more than one class or if you are an FCPS employee .

Please visit our website at <http://www.fcps.edu/cco/fam>.

For class and registration information,
contact **Susie Johnson at 703-204-4343**

All classes are held at Dunn Loring Center - 2334 Gallows Road - Dunn Loring, Virginia 22027