

Fall
2009

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: September 10, 17, 24, & October 1, 2009 7-9:30 p.m.
October 29 & November 5, 12, 19, 2009

Spanish class dates:

Thursdays: October 1, 8, 15, & 22, 2009 7-9:30 p.m.

Korean class dates:

Tuesdays: October 27, November 3, 10, & 17, 2009 7-9:30 p.m.



Parenting Teens

This class meets certain court requirements; call for details.

This 12-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: September 30, & October 7, 14, 21, 28, & November 4, 2009 7-9 p.m.

All classes are held at The Brown Building - 9735 Main Street - Fairfax, Virginia 22031

Advanced registration is required.

Call Susie Johnson at 703-277-2666

Parenting Class Information

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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

Tuesdays: October 13, 2009

December 8, 2009

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 **703-277-2666**.

All classes are held at the Brown Building - 9735 Main Street - Fairfax, Virginia 22031