



PARENT EDUCATION CLASSES

JULY 2015—JUNE 2016

Our Positive Parenting Classes are appropriate for all types of families – *expecting parents, parents of children of all ages, foster and kinship care providers, adoptive parents, LGBT families and others involved in parenting roles*. Our curriculum is designed to provide parents with an understanding of parenting skills and knowledge, particularly in the areas of child development, communication, discipline and self-awareness, while emphasizing the importance of self-care. Our goal is to provide parents with the tools they need to create a healthy, safe, and nurturing environment.

Classes are offered in both English and Spanish and in several locations throughout Alameda County. Free childcare is provided onsite.

JULY—OCTOBER 2015

				Instructor
July 6-Sept 28	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
July 7-Sept 22	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
July 15-Sept 23	Wednesdays	7-9pm	FREMONT-Spanish	Debora Roca
Aug 6-Oct 22	Thursdays	10am-12pm	OAKLAND	Chantal Myllymaki

OCTOBER—DECEMBER 2015

				Instructor
Oct 5-Dec 21	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
Oct 6-Dec 22	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
Oct 7-Nov 11*	Wednesdays	7-9pm	FREMONT	Debora Roca

JANUARY—MARCH 2016

				Instructor
Jan 4-March 28	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
Jan 5-March 22	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
Jan 6-March 9	Wednesdays	6:30-8:30pm	OAKLAND-Spanish	Debora Roca

MARCH—JUNE 2016

				Instructor
March 3-May 19	Thursdays	10am-12pm	SAN LEANDRO	Chantal Myllymaki
March 17-April 21*	Thursdays	10am-12pm	FREMONT	Debora Roca
April 4-June 27	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
April 5-June 21	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
April 18-June 27	Mondays	7-9pm	SAN LORENZO-Spanish	Debora Roca

TO REGISTER FOR CLASSES, CALL OUR HOTLINE AT 800-829-3777.

* Denotes a 6-week class. Locations will be given at time of registration.