



**PARENT EDUCATION CLASSES
JULY 2018—JUNE 2019**

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, positive parenting practices 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.* Our classes are 12 weeks in length, unless noted otherwise) * **Denotes holiday in Session.**

JULY—SEPTEMBER 2018

				Instructor
July 2-Sep 24*	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
July 10-Sep 25	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
July 11-Sep 19 (10 week)	Wednesdays	7-9pm	FREMONT-Spanish	Debora Roca

OCTOBER-DECEMBER 2018

Oct 1-Dec 17	Mondays	10am-12pm	OAKLAND	Chantal Myllymaki
Oct 2-Dec 18	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca

JANUARY-MARCH 2019

Jan 15-Feb 19 (6 weeks)	Tuesdays	7-9pm	FREMONT	Debora Roca
Jan 8-Mar 26	Tuesdays	7-9pm	SAN LEANDRO	Chantal Myllymaki
Jan 9-Mar 27	Wednesdays	6:30-8:30pm	OAKLAND– Spanish	Debora Roca

APRIL-JUNE 2019

Apr 1-June 24*	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
Apr 3-June 19	Wednesdays	7-9pm	SAN LEANDRO - Spanish	Debora Roca
Apr 4-May 9 (6 week)	Thursdays	7-9pm	FREMONT	Chantal Myllymaki

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

Locations will be given at time of registration.