



## ONLINE – PARENT EDUCATION & FATHERHOOD & CO-PARENTING CLASS SCHEDULE

**JULY 2024 – JUNE 2025**

Our Positive Parenting Classes are appropriate for all types of parents with children of all ages – *mothers, fathers, expecting parents, foster and kinship care providers, adoptive parents, LGBTQ+ families* and *others involved in parenting roles*. Our curriculum is strength-based and is grounded in the protective factors for building strong families. It 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 and parental resilience. **Classes are provided ONLINE VIA ZOOM in both English and Spanish. Serving Alameda County & beyond.**

**TO REGISTER FOR CLASSES, PLEASE CALL OUR HELPLINE @ 1-800-829-3777**

(Visit our website for more information about our programs and services – [www.familypaths.org](http://www.familypaths.org))

JULY 2024 – SEPTEMBER 2025				Instructor
July 11 – Sept 26	Thursdays	6:30pm – 8:30pm	12-Week	<b>Tamela Lloyd-Carraway</b>
July 16 – Sept 17	Tuesdays	6:30pm – 8:30pm	10-Week	<b>Michael Lewis</b>
Aug 12 – Sept 23 (9/2, Labor Day, No Class)	Monday	6:30pm – 8:30pm	6-Week (Spanish)	<b>Juan Cuba</b>

OCTOBER 2024 – DECEMBER 2025				
Oct 1 – Dec 17	Tuesdays	6:30pm – 8:30pm	12-Week	<b>Michael Lewis</b>
Oct 21 – Dec 2 (11/11, Veterans Day No Class)	Mondays (Spanish)	6:30pm – 8:30pm	6-Week (Fatherhood & Co-parenting)	<b>Juan Cuba</b>

JANUARY 2025 – MARCH 2025				
Jan 7 – March 25	Tuesdays	6:30pm – 8:30pm	12-Week (Spanish)	<b>Tamara Centeno</b>
Jan 15 – March 19	Wednesdays	6:30pm – 8:30pm	10-Week	<b>Michael Lewis</b>

APRIL 2025 – JUNE 2025				
April 8 – June 24	Tuesdays	6:30pm – 8:30pm	12-Week	<b>Tamela Lloyd-Carraway</b>
April 14 – June 23 (5/26 Memorial Day, No Class)	Mondays	6:30pm – 8:30pm	10-Week (Spanish)	<b>Tamara Centeno</b>
May 8 – June 12	Thursdays	6:30pm – 8:30pm	6-Week (Fatherhood & Co-parenting)	<b>Michael Lewis</b>
May 14 – June 18	Wednesdays	6:30pm – 8:30pm	6-Week	<b>Juli Rositas</b>

**FEES ARE ON A SLIDING SCALE – FREE FOR ALAMEDA COUNTY RESIDENTS WHO QUALIFY**