# ONLINE – PARENT EDUCATION &
# FATHERHOOD & CO-PARENTING CLASS SCHEDULE
## JULY 2025 – JUNE 2026

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 at 1-800-829-3777

*(Visit our website for more information about our programs and services – www.familypaths.org )*

| JULY 2025 – SEPTEMBER 2025 | | | | *Instructor* |
|---|---|---|---|---|
| July 10 – Sept 25 | Thursdays | 6:30pm – 8:30pm | 12-Week | **Michael Lewis** |
| July 15 – Sept 16 | Tuesdays | 6:30pm – 8:30pm | 10-Week *(Spanish)* | **Heidi Jara** |
| Aug 6 – Sept 10 | Wednesday | 6:30pm – 8:30pm | 6-Week | **Tamela Lloyd-Carraway** |

| OCTOBER 2025 – DECEMBER 2025 | | | | |
|---|---|---|---|---|
| Oct 1 – Dec 17 | Wednesdays | 6:30pm – 8:30pm | 12-Week | **Tamela Lloyd-Carraway** |
| Oct 13 – Nov 17 *(Spanish)* | Mondays | 6:30pm – 8:30pm | 6-Week *(Fatherhood & Co-parenting)* | **Juan Cuba** |

| JANUARY 2026 – MARCH 2026 | | | | |
|---|---|---|---|---|
| Jan 15 – March 19 | Thursdays | 6:30pm – 8:30pm | 10-Week | **Michael Lewis** |
| Jan 6 – March 24 | Tuesdays | 6:30pm – 8:30pm | 12-Week *(Spanish)* | **Heidi Jara** |

| APRIL 2026 – JUNE 2026 | | | | |
|---|---|---|---|---|
| April 7 – June 23 | Tuesdays | 6:30pm – 8:30pm | 12-Week | **Michael Lewis** |
| April 16 – June 18 | Thursday | 6:30pm – 8:30pm | 10-Week | **Tamela Lloyd-Carraway** |
| May 11 – June 22 *(No class 5/25, Memorial Day)* | Monday | 6:30pm – 8:30pm | 6-Week *(Spanish)* | **Juan Cuba** |
| May 21 – June 25 | Thursdays | 6:30pm – 8:30pm | 6-Week *(Fatherhood & Co-parenting)* | **Michael Lewis** |

### FEE OPTIONS – Free for Alameda County Residents Who Qualify /
### Alameda Alliance Medical / SLIDING SCALE