Parenting Skills Training

A CaPa Parent Education Class

Parenthood isn't always easy, and CAPA understands that sometimes parents need a helping hand. CAPA's *Parenting Skills Training Class* is offered to families with one main goal:

> To help parents develop skills for creating strong and resilient families.

Topics Include:

- Positive discipline techniques
- ▼ Effective communication skills
- Problem-solving skills
 Child Development
 Conflict Management

Virtual sessions available!

Monday Sessions September 14 & 21 6:00 p.m. - 9:00 p.m. September 28 6:00 p.m. - 8:00 p.m.

Wednesday Sessions September 9 & 16 6:00 p.m. - 9:00 p.m. September 23 6:00 p.m. - 8:00 p.m.

Saturday Sessions September 12 & 19 10:00 a.m. - 1:00 p.m. September 26

10:00 a.m. - nooi

Internet required. Once registered, you will receive a link to connect using Zoom. Visit https://zoom.us for use and compatibility information.

If needed, a certificate of completion will be provided to those individuals who have completed all sessions of a scheduled class.







Parenting Skills Training

A CaPa Parent Education Class

Parenthood isn't always easy, and CAPA understands that sometimes parents need a helping hand. CAPA's *Parenting Skills Training Class* is offered to families with one main goal:

> To help parents develop skills for creating strong and resilient families.

Topics Include:

- Positive discipline techniques
- ▼ Effective communication skills
- Problem-solving skills
 Child Development
 Conflict Management

Virtual sessions available!

Wednesday Sessions

October 7 & 14

6:00 p.m. - 9:00 p.m.

October 21

6:00 p.m. - 8:00 p.m.

Saturday Sessions October 10 & 17

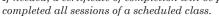
10:00 a.m. - 1:00 p.m.

October 24

10:00 a.m. - noon

Internet required. Once registered, you will receive a link to connect using Zoom. Visit https://zoom.us for use and compatibility information.

If needed, a certificate of completion will be provided to those individuals who have



To register, call Tonika Benson, Community Education Manager, at (816) 534-0623.





