

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. - 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 completed all sessions of a scheduled class.

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



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Topics Include:

- ♥ Positive discipline techniques
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- ♥ Child Development
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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.

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CaPa capacares.org