

2009 – 2010 Family Connection’s Parenting Classes/Workshop Schedule

Surviving the Teen Years	Six Easy Steps	TransParenting	Saturday Workshops
Session One	Session One	July 15, 2009	September 12 th 2009 Potty training
September 9	September 8	August 19, 2009	October 10 th 2009 Nutrition
September 16	September 15	Sept. 14, 2009	November 14 th 2009 Stress management
September 23	September 22	October 5 th , 2009	
September 30	September 29	Nov. 2, 2009	
October 7	October 6	Dec. 7, 2009	February 13 th , 2010 Kdg. Readiness
October 14	October 13	January 11, 2010	March 13 th 2010 Sleep Issues
		February 1, 2010	May 8 th , 2010 Discipline
Session Two	Session Two	March 1, 2010	
November 4	November 3	April 5, 2010	
November 11	November 10	May 3, 2010	
November 18	November 17	June 7, 2010	
December 2	November 24		
December 9	December 1		
December 16	December 8		
	(Booster: 1/1/10)		
Session Three	Session Three		
January 27	January 26		
February 3	February 2		
February 10	February 9		
February 17	February 16		
February 24	February 23		
March 3	March 2		
Session Four	Session Four		
March 31	March 30		
April 7	April 6		
April 14	April 13		
April 21	April 20		
April 28	April 27		
May 5	May 4		
	(Booster: May 18, 2010)		
<p>TransParenting Class - This is a one time four hour monthly class held on the third Wednesday of each month for separated or divorced parents who are both involved in parenting their children but are having some difficulty working together. \$50 fee/Sliding Scale.</p> <p>Debbie Baber (434) 296 4118 x 0</p>		<p>For more information or to enroll please contact the following CYFS staff members:</p> <p>Surviving the Teen Years - This is a 6 week parenting class series (each class is 1 and ½ hours long) held on Wednesday nights from 6 – 7:30 at CYFS 1000 East High Street. It is a class designed for both parents and their children ages 10 or older. Fees are: \$75 individual, \$100 couple, and \$125 family for the 6 classes and 3 optional private family consultation sessions. Sliding Fee Scale available. Jack Gallagher (434) 296 4119 x 257</p> <p>Saturday Morning Workshops - This is a free 1 and ½ hour monthly parenting workshop for parents of children 0-6 years of age. Free child care is provided.</p> <p>Debbie Baber (434) 296 4118 x 0</p> <p>Six Easy Steps - This is a 6 week parenting class series (each class is 1 and ½ hours long) held on Tuesday evenings for parents of children 3 -12 years old. \$75 fee per adult or \$100 per couple for entire series and 3 parent consultation sessions. Free child care is also provided.</p> <p>Beth Castro (434) 296 4119 x 224</p>	

Family Connections, a Children, Youth, and Family Services, Inc. (CYFS) program, is supported by a VADSS Child Abuse Prevention Grant, the City of Charlottesville, Albemarle County, Fluvanna County, the United Way, A Family and Children’s Trust Fund grant, the Charlottesville Area Community Foundation, the Party Parade Endowment Fund, private donors, and fees. We are also appreciative of Albemarle County, Clark School, and the Independent Resource Center for letting us use their facilities for our classes and workshops. Visit our web site: www.cyfs.org

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