

SCHEDULE OF CLASSES AT THE FAMILY TREE

Winter 2009 - January, February, March



PARENTING

BEST DADS

Nurturing Fathers Program

This 10-week course will explore topics such as discipline and creative play, fathering sons and daughters, teamwork with spouse or co-parent, and more. This course is free to fathers thanks to the Louisiana Children's Trust Fund. To pre-register, please call 237-2160.



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| Facilitator | Jon Berthelot |
| Date | Jan. 7 - March 10 (Wed.) |
| Time | 6-7:30 pm |
| Fee | FREE |

How to Talk so Kids will Listen

This series helps parents learn effective communication techniques to better engage their children in expressing their feelings, offering praise, receiving cooperation and more! This series offers practical advice for all types of parenting challenges.

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| Facilitator | Leslie Stelly, GSW |
| Date | Jan. 13 - Feb. 10 (Tues.) |
| Time | 6-7:30 pm |
| Fee | \$95/couple, \$75/person |

ANGER MANAGEMENT

ANGER CHOICES - NEW NAME!

Learn how to reduce self-defeating angry reactions. This class explores what defines anger and how to wisely choose reactions that are less harmful to self and others.

Register at least one week early for a \$20 fee reduction!

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| Facilitator | Regina Robichaux, LPC |
| Date | Jan. 6 - Feb. 10 (Tues.) |
| Date | Mar. 3 - Apr. 7 (Tues.) |
| Time | 6-7:30 pm |
| Fee | \$140/person |



RAPP (Resolving Anger with Past Partners)

A small class of 8-10 participants will address issues unique to separation and divorce. These issues can be related to custody arrangements, financial support, anger as normal grieving, and feelings about the former spouse's dating or remarriage as it affects the participant and his or her children. The goal of the class is to help reduce bitterness related to these issues and to be more accountable to themselves. Due to the class content and goals, only one partner will be allowed in each series.

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| Facilitators | Terry Zenner, LCSW and Regina Robichaux, LPC |
| Date | Feb. 9 - Mar. 16 (Mon.) |
| Time | 6-7:30 pm |
| Fee | \$140/person |

SPECIAL TOPICS

CHILDREN COPE WITH DIVORCE (parents only)

This four-hour parent seminar is designed to help minimize the negative impact of divorce on children. Participants will explore how families experience divorce, typical reactions of children, skills that help children cope, and pitfalls to avoid. The class begins promptly so please allow extra time for parking.

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| Facilitators | Vary |
| Evening Dates | Jan. 8, Jan. 22, Feb. 12, March 12 |
| Evening Time | 5:30-9:30 pm |
| Morning Dates | Feb. 26, March 26 |
| Morning Time | 8:30 am-12:30 pm |
| Fee | \$35 |

COOPERATIVE PARENTING & DIVORCE

During the divorce process, parents often struggle to restructure their family. This struggle is magnified by pain, anger and concerns about how to support their children during this process. This program addresses the issues associated with divorce through a group format that incorporates skills development and parent interaction.

Class Policy: Because of the small group/confidential nature of this class, if you miss the first class you will be required to re-register and pay for the next series. Refunds for this class are only granted with a 24-hour cancellation notice.

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| Facilitator | Connie LeBlanc, LPC |
| Date | Jan. 26 - Feb. 16 (Mon.) |
| Date | March 2 - March 23 (Mon.) |
| Time | 6-8 pm |
| Fee | \$80/couple, \$60/person |

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FREE SUPPORT GROUP

AD/HD Support Group

This free monthly support group is led by an expert in the field and enables parents of children with AD/HD to share information/resources. No children please.

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| Facilitator | Danny Yeager, LCSW |
| Dates | Jan. 14, Feb. 18, Mar. 18 |
| Time | 6-7:30 pm |

BIPOLAR SUPPORT GROUP

NEW SUPPORT GROUP

Parents of Children with Bipolar Disorder

A group who will meet monthly to offer support and to share information in a setting of understanding and compassion for the families of children suffering from this often misunderstood diagnosis.

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| Facilitator | Rachel Foreman |
| Date | Feb.3, March 4 |
| Time | 6-7pm |
| Fee | FREE |

COUNSELING IN ABBEVILLE

Sliding Fee Scale Counseling is available in Vermillion Parish at Abbeville General. Call 337-739-5772 to make an appointment.

PROGRAMS IN NEW IBERIA

Counseling is currently available once a week in New Iberia. Call 337-739-5772 for more information and to set up an appointment. Up to 4 sessions are free for residents of Vermillion, Iberia, St. Martin, and St. Mary Parishes.

OFFICE LOCATION: Goodwill Store
1003 E. Admiral Doyle, New Iberia

337-739-5772

CHILDREN COPE WITH DIVORCE IN NEW IBERIA

(serving parents in Vermillion, Iberia, St. Martin & St. Mary parishes - must provide proof of residency)

This four-hour parent seminar is designed to help minimize the negative impact of divorce on children. Participants will explore how families experience divorce, typical reactions of children, skills that help children cope, and pitfalls to avoid.

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| Facilitators | Vary |
| Date | Jan. 22, Mar. 26 |
| Time | 5:30-9:30 pm |
| Fee | Free for residents of parishes mentioned above |



ALL CLASSES REQUIRE PRE-PAYMENT FOR REGISTRATION.

PAYMENTS CAN BE MAILED TO:

THE FAMILY TREE
605 W. ST. MARY BLVD.
LAFAYETTE, LA 70506



PLEASE INCLUDE THE NAME OF THE CLASS FOR WHICH YOU ARE REGISTERING ON THE CHECK.

CALL 337-237-2164 FOR MORE INFORMATION.

Pre-registration for programs is required. The Family Tree reserves the right to cancel any program due to circumstances beyond our control. With a 24-hour notice of cancellation, credit will be given on pre-paid programs. Anyone in need of special services such as translation or accessibility should contact the agency 24 hours prior to program in order to make arrangements.