

# The Family Tree Class Offerings

## General Parenting

### **BEST DADS: Nurturing Fathers Program** **No Fee!**

This 10-week course will explore topics such as discipline & creative play, fathering sons & daughters, teamwork with spouse & co-parent, communication & problem-solving, and balancing work & fathering.

**Mondays, 6:00 pm – 8:00 pm**

### **COMMON SENSE PARENTING OF TODDLERS & PRESCHOOLERS** **No Fee!**

This 6-week seminar focuses on effective communication and parenting techniques that encourage cooperation between parents and children. Topics include setting reasonable expectations, guidelines for using consequences, how to teach instead of punish, turning routines into traditions, how and when to use time-out, and planning to stay calm.

**Wednesdays, 6:00 pm – 7:30 pm**

### **HOW TO TALK SO KIDS WILL LISTEN** **No Fee!**

Would you like to communicate better with your children? If so, this 5-week series will interest you! It focuses on effective communication techniques that encourage cooperation between parents and children. Topics include dealing with children's feelings, engaging cooperation, alternatives to punishment, encouraging autonomy, new ways to praise, and freeing children from playing roles.

**Tuesdays, 6:00 pm – 7:30 pm**

## Special Topics

### **Anger Choices**

**\$140 (\$120 Early Bird registration)**

Learn how to reduce self-defeating angry reactions. This 5-week series offers participants the opportunity to wisely choose reactions to anger and will teach multiple skills to make life more serene.

Register one week early for \$20 discount!

**Tuesdays, 6:00 pm – 7:30 pm**

### **TransParenting** **Formally "Children Cope with Divorce"** **Parents Only! (No children please.)**

**\$50**

This 4-hour parent seminar is designed to help parents minimize the negative impact of divorce / separation on children. Participants will explore reactions to the separation / divorce of children, skills that help children cope, and pitfalls to avoid.

Parent workbook & companion website are included.

**Thursday Evenings, 5:30 pm – 9:30 pm**

**Thursday Mornings, 8:30 am – 12:30 pm**

### **COOPERATIVE PARENTING & DIVORCE** **\$60/person, \$80/couple**

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 4-week program addresses the issues associated with divorce through a group format that incorporates skill interaction and application.

**Registration Policy:** Class size is limited to 10 attendees.

Registrants who cannot attend the class must call The Family Tree one week prior to the first class to be entitled to a tuition refund.

**Mondays, 6:00 pm – 8:00 pm**

## Support Groups

### **BIPOLAR Support Group for Parents of Children with Bipolar Disorder**

**FREE!**

This group meets 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.

**First Wednesday of every month! 5:30 pm – 6:30 pm**

### **ADHD Support Group**

**FREE!**

**(No children please.)**

This monthly support group is led by an expert in the field and enables parents of children with ADD/ADHD to share information/resources.

**Third Wednesday of every month! 6:00 pm – 7:00 pm**

### **Parents of Premies Support Group**

**FREE!**

A support group for parents and caregivers of children born premature to provide support and education.

All are welcome, whether your baby has just arrived, hasn't yet made it home, or even if your baby is doing well today.

We welcome you to share your knowledge and support with others who have just started this journey.

**Second Tuesday of every month! 6:00 pm – 7:00 pm**

**All classes require pre-payment for registration, call with Visa/MC payment or mail to:**

**4540 Ambassador Caffery Pkwy., Ste. B-220, Lafayette, La 70508**

**Please include the name of the class for which you are registering on your check.**

**Call (337) 981-2180 for more information**

# The Family Tree Fall 2011 Class Schedule

O C T O B E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 • Cooperative Parenting #4	4 • How to Talk #1	5 • Common Sense #1 • Bi-Polar Support Group	6 • Trans-Parenting P.M.	7
	10 • Best Dad's #1	11 • How to Talk #2	12 • Common Sense #2	13	17
	17 • Best Dad's #2	18 • How to Talk #3	19 • Common Sense #3 • ADHD Support Group	20 • Trans-Parenting P.M.	21
	24 • Best Dad's #3	25 • How to Talk #4	26 • Common Sense #4	27	28
	31 • Best Dad's #4				

N O V E M B E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 • How to Talk #5 • Anger Choices #1	2 • Common Sense #5 • Bi-Polar Support Group	3 • Trans-Parenting P.M.	4
	7 • Best Dad's #5 • Cooperative Parenting #1	8 • Anger Choices #2	9 • Common Sense #6	10 • Trans-Parenting A.M.	11
	14 • Best Dad's #6 • Cooperative Parenting #2	15 • Anger Choices #3 • Parent Of Premies	16 • ADHD Support Group	17	18
	21 • Best Dad's #7 • Cooperative Parenting #3	22 • Anger Choices #4	23	24 <u>CLOSED</u>	25 <u>CLOSED</u>
	28 • Best Dad's #8 • Cooperative Parenting #4	29 • Anger Choices #5	30		

D E C E M B E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 • Trans-Parenting P.M.	2
	5 • Best Dad's #9	6	7 • Bi-Polar Support Group	8	9
	12 • Best Dad's #10	13 • Parents of Premies	14	15 • Trans-Parenting P.M.	16
	19	20	21 • ADHD Support Group	22	23
	26 <u>CLOSED</u>	27	28	29	30