

# The Family Tree Community Education 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.

**Tuesdays, 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 and new ways to praise.

**Thursdays, 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 families. 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

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

**FREE!**

This group meets monthly to offer support and 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**

### **Parents of Children with 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 prematurely provides 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**

**Classes are funded in part by a grant from the United Way of Acadiana's 2011 PACT Award.**

**All classes require pre-registration. Call 337-981-2180 for more information. Visa/MC accepted.**

[www.acadianafamilytree.org](http://www.acadianafamilytree.org)

## The Family Tree Winter 2012 Community Education Calendar

J A N U A R Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 New Year's Day Observed Office closed	3	4 Bipolar Support Group	5 TransParenting P.M.	6
	9	10 Parents of Premies	11	12 How to Talk #1	13
	16 Martin Luther King Day Office Closed	17	18 ADHD Support Group	19 TransParenting P.M. How to Talk #2	20
	23 Best Dads #1 Cooperative Parenting #1	24 Common Sense #1	25	26 How to Talk #3	27
	30 Best Dads #2 Cooperative Parenting #2	31 Common Sense #2			

F E B R U A R Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bipolar Support Group	2 TransParenting P.M. How to Talk # 4	3
	6 Best Dads #3 Cooperative Parenting #3	7 Common Sense #3 Anger Choices #1	8	9 How to Talk # 5	10
	13 Best Dads #4 Cooperative Parenting #4	14 Common Sense #4 Anger Choices #2 Parent Of Premies	15 ADHD Support Group	16 TransParenting A.M.	17
	20 Best Dads #5	21 Mardi Gras Office Closed	22	23	24
	27 Best Dads #6	28 Common Sense #5 Anger Choices #3	29		

M A R C H	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 TransParenting P.M.	2
	5 Best Dads #7 Cooperative Parenting #1	6 Common Sense #6 Anger Choices #4	7 Bipolar Support Group	8	9
	12 Best Dads #8 Cooperative Parenting #2	13 Anger Choices #5 Parents of Premies	14	15 TransParenting P.M.	16
	19 Best Dads #9 Cooperative Parenting #3	20	21 ADHD Support Group	22	23
	26 Best Dads #10 Cooperative Parenting #4	27	28	29	30