

The Family Tree Fall 2018 Community Education Calendar

O C T O B E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 ●Branching Out Lafayette Location ●Rooted	4	5	6
	8 ●Best Dads #1 ●Best Moms #1	9	10 ●Branching Out Crowley Location ●Rooted	11 ●TransParenting ●Wise Minds	12	13
	15 ●Best Dads #2 ●Best Moms #2	16	17 ●Rooted	18 ●Rollercoasters ●Yoga in the Patch ●Wise Minds	19	20
	22 ●Best Dads #3 ●Best Moms #3	23	24 ●Rooted	25 ●Wise Minds	26	27 ●Trunk or Treat
	29 ●CAN/Lunch-n-Learn ●Best Dads #4 ●Best Moms #4	30	31 ●Rooted			

N O V E M B E R	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ●Wise Minds	2	3
	5 ●Best Dads #5 ●Best Moms #5	6	7 ●Branching Out Lafayette Location ●Rooted	8 ●TransParenting ●Wise Minds	9	10 ●Car Seat Check Event
	12 ●Best Dads #6 ●Best Moms #6	13	14 ●Branching Out Crowley Location ●Rooted	15 ●Rollercoasters ●Wise Minds	16	17
	19	20	21	22 ●Office Closed – Thanksgiving	23 ●Office Closed – Acadian Day	24
	26	27	28	29 ●Wise Minds	30	

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						1
	3	4	5 ●Branching Out Lafayette Location	6 ●Wise Minds	7	8
	10	11	12 ●Branching Out Crowley Location	13 ●TransParenting ●Wise Minds	14	15
	17	18	19	20 ●Rollercoasters ●Wise Minds	21	22
	24 ●Office Closed – Christmas Eve	25 ●Office Closed – Christmas Day	26	27 ●Wise Minds	28	29



The Family Tree Community Education Classes

Classes are held at 1602 West Pinhook Rd. Suite 100A, Lafayette, LA 70508



*These free Community Education classes are funded by a PACT United Grant from United Way of Acadiana.

☼These free community education classes are funded by the Family Law Section of the Lafayette Bar Association.

‡These free Community Education classes are funded by the Healthy Start Program (HRSA)

+This free support group is funded by the Better Options Initiative (BOI)

BEST DADS: Nurturing Fathers Program* - \$10 Registration Fee 6:00PM – 8:00 PM Mondays

- 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.

BEST MOMS: Nurturing Mothers Program‡ - \$10 Registration Fee 6:00PM – 8:00 PM Mondays.

- This 10-week program includes topics that address age- and stage specific aspects of child growth, parent/child communication skills, positive discipline, helping the child develop positive self-esteem, and dealing with stress.

Branching Out‡ (No Fee!)

1st Wednesday of every month (Lafayette) 11:00 a.m. to 12:30 p.m.

2nd Wednesday of every month (Crowley) 1:00 p.m. to 2:30 p.m.

- Branching Out is a support group for moms that offers empowerment, support and therapeutic guidance in a peaceful setting. Branching Out works to nurture connections through moms and their children, one branch at a time. *Child care is provided.*

Anger Choices - Individual Series \$75/session

- Helps participants learn how to reduce and eliminate self-defeating and angry reactions. In these sessions, the participant will explore what defines anger and how to choose reactions that are less harmful to self and others.

Rooted+ (No Fee!) 4:30PM – 5:30 PM Wednesdays

- A group designed for college students who have gone, or are currently going through family conflict of divorce or separation. This group aids in establishing healthy ways of growing existing relationships, and developing skills to improve on making new ones. Classes held on ULL campus.

Wise Minds – DBT Group \$500 for 12 Week Series 4:00PM – 5:30 PM Thursdays

- A 12 week program for caregivers and adolescents to teach dialectical behavioral therapy (DBT) skills to families who struggle with emotional and behavioral difficulties. DBT aids adolescents in establishing a stable sense of self and forming fulfilling relationships with peers and family members.

TransParenting - Formally “Children Cope with Divorce” Parents Only! (No children please) - - \$75 due at time of registration

5:30PM – 9:30PM 2nd Thursday of Every Month

- This 4-hour parent seminar is designed to help parents minimize the negative impact of divorce / separation on children. Parent workbook & companion website are included.

Rollercoasters☼ - \$10 Registration Fee 5:30PM – 7:30PM 3rd Thursday of Every Month

- This 2-hour program is offered as a supplement to TransParenting. It is designed for children who are experiencing parental separation and divorce, and includes three versions tailored to address the specific needs of participants. Primary curriculum for children ages 5-8. Intermediate curriculum for ages 9-12. Teen curriculum for ages 13 and up. Parents must register and attend TransParenting.

Customized Trainings – Call for pricing Scheduled at your convenience

- Do you need a specific training for your organization? Are you looking to expand your knowledge on a particular subject? We now offer specialized trainings available to the community at an affordable cost! Trainings last from 1 hour to 4 hours and can be taught either at our location or onsite at your location. Topics include: Active Listening, Nurturing Parenting, Understanding Feelings, Defense Mechanisms, Holistic Wellness, Positive Discipline, Child Passenger Safety, the Positive Parenting Program and many more! Please visit our website for the complete list of topics.

Family Date Night - Dates and Times vary.

- Please join us for supper on Family Date Night. A different restaurant will host us each month during specific evening hours. All you have to do is mention The Family Tree when you place your order and a portion of the proceeds will go directly to The Family Tree. This helps support our mission and vital work right here in our own community.



All classes require registration and fee classes require pre-payment for registration.

Call with Visa/MC payment 337.981.2180, visit us in person at

The Family Tree • 1602 W. Pinhook Rd. Suite 100A • Lafayette, LA 70508