



Spring 2019

The Family Tree Education Calendar

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|----------------------------|---|--------------------------------------|--|----------|
| A P R I L | 1 | 2 ●New Beginnings-Moms | 3 ●Anger Choices ●Branching Out <i>Lafayette Location</i> ●Rooted | 4 ●Wise Minds | 5 | 6 |
| | 8 | 9 ●New Beginnings-Moms | 10 ●Anger Choices ●Branching Out <i>Crowley Location</i> ●Rooted | 11 ●TransParenting ●Wise Minds | 12 | 13 |
| | 15 | 16 ●New Beginnings-Moms | 17 ●Anger Choices | 18 <i>Office Closed</i> | 19 <i>Good Friday – Office Closed</i> | 20 |
| | 22 | 23 ●New Beginnings-Moms | 24 ●Anger Choices | 25 ●Wise Minds | 26 | 27 |
| | 29 | 30 ●New Beginnings-Moms | | | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---|----------------------------|--|--------------------------------------|--------|--------------------------|
| M A Y | | | 1 ●Anger Choices ●Branching Out <i>Lafayette Location</i> | 2 ●Wise Minds | 3 | 4 |
| | 6 ●Best Dads #1 ●Best Moms #1 | 7 ●New Beginnings-Moms | 8 ●Anger Choices ●Branching Out <i>Crowley Location</i> | 9 ●Wise Minds ●TransParenting | 10 | 11 |
| | 13 ●Best Dads #2 ●Best Moms #2 | 14 ●New Beginnings-Moms | 15 ●Anger Choices | 16 ●Wise Minds ●Rollercoasters | 17 | 18 |
| | 20 ●Best Dads #3 ●Best Moms #3 | 21 ●New Beginnings-Moms | 22 ●Anger Choices | 23 ●Wise Minds | 24 | 25 ●Keeping Baby Safe |
| | 27 <i>Memorial Day – Office Closed</i> | 28 ●New Beginnings-Moms | 29 ●Anger Choices | 30 ●Wise Minds | 31 | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------------------------------------|---|--|--------------------------------------|-------------------------|--------------------|
| J U N E | | | | | | 1 |
| | 3 ●Best Dads #4 ●Best Moms #4 | 4 ●New Beginnings-Moms | 5 ●Anger Choices ●Branching Out <i>Lafayette Location</i> | 6 ●Wise Minds | 7 | 8 |
| | 10 ●Best Dads #5 ●Best Moms #5 | 11 ●New Beginnings-Moms ●Rooted Jr. | 12 ●Anger Choices ●Branching Out <i>Crowley Location</i> | 13 ●TransParenting ●Wise Minds | 14 ●Picnic with Pops | 15 |
| | 17 ●Best Dads #6 ●Best Moms #6 | 18 ●Rooted Jr. | 19 ●Anger Choices | 20 ●Rollercoasters ●Wise Minds | 21 | 22 |
| | 24 | 25 ●Rooted Jr. | 26 ●Anger Choices | 27 ●Wise Minds | 28 | 29 4.30.19 jkbh |

The Family Tree Education Classes

Anger Choices – 3 Class Series ((\$150 due at time of registration) 9:00 AM – 10:00 AM Wednesdays

- Helps participants learn how to reduce and eliminate self-defeating and angry reactions. During these classes, the participant will explore what defines anger and how to choose reactions that are less harmful to self and others. Classes held at The Family Tree.

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

- This 6-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. Classes held at The Family Tree. Funded by a PACT United Grant from United Way of Acadiana.

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

- This 6-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. Classes held at The Family Tree. Funded by a PACT United Grant from United Way of Acadiana.

Branching Out (No Fee)

1st Wednesday of every month (Lafayette) 11:00 AM to 12:30 PM Classes held at The Family Tree.

2nd Wednesday of every month (Crowley) 1:00 PM to 2:30 PM Classes held at Ross Head Start.

- 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. Funded by the Healthy Start Program.

New Beginnings Program (Fee Based on Sliding Scale, Proof of Income Required)

Mom's group - 5:30 PM – 7:30 PM Tuesdays

Dad's group - 5:30 PM – 7:30 PM Wednesdays

- This 11-session, group-based program has separate groups for mothers and fathers. It helps parents help their children adjust following divorce or separation, by giving them tools to answer questions, makes rules clear so misbehaviors decrease, and build stronger relationships with their children. Classes held at The Family Tree. Funding provided by Better Options Initiative.

Rooted (No Fee) 4:30 PM – 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. Funded by Better Options Initiative.

Rooted Jr. (No Fee) 2:00 PM – 3:00 PM Tuesdays

- A group designed for high school 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. Funded by Better Options Initiative.

TransParenting - Parents Only! (\$75 due at time of registration) 5:30 PM – 9:30 PM 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. Classes held at The Family Tree.

Rollercoasters (\$10 Registration Fee) 5:30 PM – 7:30 PM 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. Classes held at The Family Tree. Funded by the Family Law Section of the Lafayette Bar Association.

Wise Minds – DBT Group (Call for Pricing) 4:00 PM – 5:30 PM Thursdays

- A 10 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. Classes held at The Family Tree.

Customized Trainings – Call for pricing Scheduled at your convenience

- We offer specialized trainings to the community at an affordable cost! Trainings last from 1 to 4 hours and can be taught either at our location or onsite at your location. Please visit our website for details and the complete list of topics.

Some classes require registration. Fee classes require pre-payment for registration.

Call (337) 981-2180 or schedule online at www.acadianafamilytree.org with Visa/MC payment or

Visit us in person at The Family Tree • 1602 W. Pinhook Rd. Suite 100A • Lafayette, LA 70508

