

## Year Round Class

Every Tuesday evening from 5:30 to 7:00pm

Join parents facing the same challenges as you in supportive, interactive, and fun classes that address issues and other challenges you face in raising your child/ren in today's world.

Some of the topics covered include:

- **Child Development**
- **Communication**
- **Effective Discipline**
- **Protective Factors—keep your family strong**
- **Feelings**
- **Morals, Values, Rules and Routines**
- **Trauma and Resiliency**
- **Stress and Self-Care**
- **Nurturing Parenting**
- **Teaching Empathy**
- **Building Self-Esteem**

Topics rotate every 4 weeks  
throughout the year

*If attendance to class is a court referral, a fee may be required for certification of completion*

Call to register and for class location:  
**(209)533-0377**

## What if My Family Needs More Help?

We offer free one-on-one confidential support through our in-home services. A Family Support Specialist is someone who works alongside families to help identify areas of strength as well as areas where support may be needed. Together, we look at factors that may be contributing to the challenges of being a parent and come up with a plan for success.

## Other Services Available

ICES' Child Care Resource and Referral Program can help you find licensed child care and offers tips for finding the best child care home or center for your family's needs.

ICES' Child Care Subsidy Program helps eligible parents in paying for child care costs. Find out if you qualify by filling out a simple, two-page application.

*Call today for more information on how we can help you!*

ICES' Parenting Workshops and Trainings are sponsored by:



## Infant/Child Enrichment Services



## Raising Healthy Families



## 2018 - 2019 Parent Education Schedule

Infant/Child Enrichment Services  
20993 Niagra River Drive, Sonora, CA 95370  
Phone: (209) 533-0377  
E-mail: [info@icesagency.org](mailto:info@icesagency.org)  
Web: [www.icesagency.org](http://www.icesagency.org)



## Monthly Workshops

Monthly workshops are held on the third Wednesday of each month.

Call us if you need help determining which workshop is best for you.

Child care provided, call ahead!

**Call to register and for class location: (209) 533-0377**

### July 2018 — Building Brilliant Brains

Wednesday July 18, 5:30–7:30pm

Discover how positive connections and attachment create strong families. Find out how you can make a difference in your young child's brain development.

### August 2018 — Parenting Your Spirited Child

Wednesday August 15, 5:30–7:30pm

Help kids cope with stress, manage anger appropriately and develop problem-solving skills. You are the key to peaceful strategies.

### September 2018 — Calm the Chaos

Wednesday September 19, 5:30–7:30pm

Learn how rules, routines, and positive discipline can create the peace you crave!

### October 2018 — Understanding Trauma

Wednesday October 17, 5:30–7:30pm

How does extreme stress affect the brain? What behaviors stem from being overstressed? Find out in this fascinating look at trauma.

### November 2018 — Building Resiliency

Wednesday November 21, 5:30–7:30pm

Why do some children bounce back from trying experiences and some seem to get lost? Discover the key to thriving despite overwhelming obstacles.

### December 2018 — Building a Happy Home

Wednesday December 19, 5:30–7:30pm

Develop holiday traditions that make for long-lasting, joyful memories for you and your children.

### January 2019 — Strengthening Your Family

Wednesday January 16, 5:30–7:30pm

Join us as we examine the five protective factors. Scientific research that shows that there are positive changes you can make to build a strong family.

### February 2019 — Ages and Stages

Wednesday February 20, 5:30–7:30pm

Learn how having appropriate expectations of your child at any age can build that connection you both need.

### March 2019 — Strengths-Based Parenting

Wednesday March 20, 5:30–7:30pm

Ban the negative tools you use and replace them with positive strategies in this fun interactive class!

### April 2019 — Mindful Parenting

Wednesday April 17, 5:30–7:30pm

Become aware of your strengths as a parent and focus on your effectiveness.

### May 2019 — Bad Moods and Attitudes

Wednesday May 15, 5:30–7:30pm

When big behaviors happen, how can a parent remain calm?

### June 2019 — Surviving the Summer

Wednesday June 19, 5:30–7:30pm

Eliminate boredom by implementing practical tips.

## Parent Leadership Training

Come together with other parents to join our voices and shared efforts to improve our community. Learn how to advocate for resources and services parent need and maximize opportunities for children and families to thrive.

Parent Leadership includes:

- ◆ Learning how to advocate for your family
- ◆ Opportunities to meet other parent leaders
- ◆ Help with ideas and ways to volunteer
- ◆ Certificate of completion for spring training
- ◆ Free materials, supplies, child care & refreshments

### Monthly Topics:

**September:** Welcome to Parent Leadership!

**October:** School advocacy: education resources and special needs assessments

**November:** Your spirited child

**December:** Building a happy home

**January & February:** Strengths-based parenting

**March:** Community resources and opportunities for advocacy

**April:** 3-day Parenting Leadership Training

**May:** Preparing for summer

**June:** Reflect on the Parent Leadership year and plan for what's next

**Please call 209)533-0377 to sign up or for dates, location, or other information.**