



## PARENT EDUCATION CLASSES JULY 2018—JUNE 2019

Our Positive Parenting Classes are appropriate for all types of families – *mothers, fathers, expecting parents, parents of children of all ages, foster and kinship care providers, adoptive parents, LGBT families and others involved in parenting roles.* Our curriculum is designed to provide parents with an understanding of parenting skills and knowledge, particularly in the areas of child development, communication, positive parenting practices and self-awareness, while emphasizing the importance of self-care. Our goal is to provide parents with the tools they need to create a healthy, safe, and nurturing environment. **Classes are offered in both English and Spanish and in several locations throughout Alameda County. Free childcare is provided onsite.** Our classes are 12 weeks in length, unless noted otherwise. \* **Denotes holiday in Session.**

### JULY—SEPTEMBER 2018

				Instructor
July 2-Sep 24*	Mondays	7-9pm	OAKLAND	Chantal Myllymaki
July 10-Sep 25	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca
July 11-Sep 19 (10 week)	Wednesdays	7-9pm	FREMONT-Spanish	Debora Roca

### OCTOBER-DECEMBER 2018

Oct 1-Dec 17	Mondays	10am-12pm	OAKLAND	Chantal Myllymaki
Oct 2-Dec 18	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca

### JANUARY-MARCH 2019

Jan 15-Feb 19 (6 weeks)	Tuesdays	7-9pm	FREMONT	Chantal Myllymaki
Jan 8-Mar 26	Tuesdays	7-9pm	SAN LEANDRO	Debora Roca

### APRIL-JUNE 2019

Apr 1-June 24*	Mondays	7-9pm	OAKLAND	TBA
Apr 10-June 26	Wednesdays	7-9pm	SAN LEANDRO - Spanish	Debora Roca
Apr 4-May 9 (6 week)	Thursdays	7-9pm	FREMONT	TBA

**TO REGISTER FOR CLASSES, CALL OUR HOTLINE AT 800-829-3777.**

Locations will be given at time of registration.