

## Parent Education Classes

July 2019 – June 2020



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 strengthen families and to provide parents with 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, 10, & 6 weeks. \* **Denotes a holiday in Session**

### JULY 2019 – SEPTEMBER 2019

				<u>Instructor</u>
July 1 – Sep 23* (Holiday, 9/2)	Mondays	7pm – 9pm	OAKLAND	Otis Ward
July 9 – Sep 24	Tuesdays	7pm – 9pm	SAN LEANDRO	Debora Roca
July 24 – Aug 28 (6 week)	Wednesdays	7pm – 9pm	FREMONT (Spanish)	Debora Roca

### OCTOBER 2019 – DECEMBER 2019

Oct 15 – Dec 17 (10 week)	Tuesdays	7pm- 9pm	SAN LEANDRO	Otis Ward
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### JANUARY 2020 – MARCH 2020

Jan 6 – March 16* (10 week) (Holiday, 1/20)	Mondays	7pm – 9pm	FREMONT	Otis Ward
Jan 8 – March 25	Wednesdays	6:30pm – 8:30pm	OAKLAND (Spanish)	Debora Roca

### APRIL 2020 – JUNE 2020

April 6 – June 29* (Holiday, 5/25)	Mondays	7pm – 9pm	OAKLAND	Otis Ward
April 15 – June 17 (10 week)	Wednesdays	7pm – 9pm	SAN LEANDRO (Spanish)	Debora Roca
April 9 – May 14 (6 week)	Thursdays	7pm – 9pm	Fremont	Debora Roca

TO REGISTER FOR CLASSES, CALL OUR PARENT SUPPORT & RESOURCE LINE AT **800-829-3777**

*Locations will be given at time of registration.*