



Parenting Classes

Why take a parenting class?

- Learn how your parenting style affects your child's behavior.
- Improve skills for communicating more effectively with your child and co-parent.
- Improve the parent/child bond, which can lead to better child behavior.
- Parenting is the most important job you will ever have. Make it count!
- Brush up on your knowledge of current research on children and families.
- Positive parenting (*including factors such as warmth, communication and consistent and effective discipline*) not only has a positive impact on children today, but on the way your children will parent their own children in the future.
- It's not only children who grow - parents do, too. As much as we watch what our children do with their lives, our children are watching us to see what we do with ours!
- Get a court-approved parenting ed. certificate (9 hour certificate).
- **Please note—this is not the 4-hour Family Stabilization class that is required for a Florida divorce, although it may qualify for some individuals. Ask your attorney.**

Lesson Schedule

Week 1

- Balance Your Parenting Style
- Enhancing Your Child's Self Esteem

Week 2

- Effective Discipline for Today's Children
- What Your Child Needs to Succeed

Week 3

- Improving Family Communication Skills
 - Managing Your Stress

The \$20.00 fee includes all three weeks

Sliding fee scale is available

Registration is required. No walk-ins.

To register:

Contact Diana Converse, M.S., Family Life Educator

By phone **(813) 744-5519 x 54140**

By Email: **converse@ufl.edu**

Or register with credit card online at:

<http://hillsborough.ifas.ufl.edu/calendar.shtml>

2017 Schedule

All classes are held on

Wednesdays 9:00 a.m. - 12:15 p.m.

January 11, 18, 25

February 8, 15, 22

March 8, 15, 22

April 12, 19, 26

May 3, 10, 24*

June 7, 14, 21

July 12, 19, 26

August 9, 16, 23

September 6, 13, 20

October 4, 11, 18

November 1, 8, 15

December 6, 13, 20

(Schedule may be subject to change)

Classes are held at the
**UF / Hillsborough County
Extension Office**
5339 CR 579, Seffner, FL 33584

Directions:

Exit #10 off I-4.

3/4 mile south on CR 579.

Extension Service is on the left.

or from MLK Blvd., go north on CR 579, the

Extension Service is on the right.

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