



PARENTING CLASSES

Small Groups ... Hands on Learning
No Boring Lectures
Handicap Accessible Facilities

Parenting with Love & Logic™ Class

Cost: \$160/person, \$195/couple

Our parenting classes will teach you to establish healthy control in your family and leave you feeling calmer. Enjoy being a parent! (*More at www.loveandlogic.com.*)

- Teach kids to make good choices without threats, nagging or power struggles
- Raise responsible kids
- Offer loving support

Rifle **625-3141 (call to register)**

Dates **Oct 19 – Nov 23, 2010** (Tuesdays)
Time 6:00 – 8:00 p.m.
Location YouthZone Office, 136 East 12th Street

Redirecting Children’s Behavior

Cost: \$160/person, \$195/couple

Our parenting classes will teach you to establish healthy control in your family and leave you feeling calmer. Enjoy being a parent! (*More at www.incaf.com.*)

- Learn to set limits
- Stop arguing, nagging and threatening
- Create consequences that get results
- Create self-motivated kids
- Lean the path to peace within your family and beyond

Parenting through Divorce

Cost for Each Class \$80/person

This introductory parenting course helps parents learn how to communicate with their former spouse, how to co-parent in different households, and how to lay a foundation for a great relationship with their kids. It is possible to parent peacefully through divorce! YouthZone is a certified provider of the Parenting through Divorce class required by the Ninth Judicial Court District (Aspen to Meeker). Courses are offered on a regular basis throughout the Roaring Fork Valley.

Rifle **625-3141 (call to register)**

Dates **November 15** (Monday)
December 13 (Monday)
Time 5:00 – 8:30 p.m.
Location YouthZone Office, 136 East 12th Street

Glenwood **945-9300 (call to register)**

Dates **November 16** (Tuesday)
December 7 (Tuesday)
Time 5:00 – 8:30 p.m.
Location YouthZone Office, 803 School Street

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FOR MORE
CLASSES AND WORKSHOPS**

YouthZone Parenting Classes and Workshops continued

Developing Capable Young People

Cost: \$110-\$165/person, \$130-\$190/couple

Locations and times vary.

Ask us about providing a parenting class to your group or organization. Call 945-9300 for more information.

Prepare your child to live successfully in our challenging world.

- Enhance communication
- Provide effective discipline techniques
- Help children experience logical consequences
- Combat peer pressure
- Identify the perceptions children have
- Learn the skills children need
- Learn how to make parenting fun

Parenting Workshops

Ask us about providing a one-time workshop to your group or organization. Call 945-9300 for more information.

Example:

“Techno Babble: How to walk the talk with your tweens and teens”

Face Book, My Space, You Tube, Twitter, Texting, Sexting, IM. Kids are managing technology today at the speed of light. If you’re feeling lost in cyber space, this one-night workshop will help. Learn how to:

- Manage social networking together
- Find out what your teens are doing online
- Discover tools for keeping teens safe
- Learn the lingo
- And most importantly, how to *disconnect* in order to *reconnect*.

Lunchtime Parenting Series

Cost: \$10 per workshop

Locations and times vary.

Ask us about providing a lunchtime parenting series to your group or organization. Call 945-9300 for more information.

Hundreds of families have been helped by attending a brown bag lunch parenting series. Why not yours? Each week we’ll explore a different topic. Every parent will leave feeling inspired and encouraged.

Example **“Tell Them What to Do, Not What to Don’t”**

Learn how to gain your child’s cooperation with this simple technique, no matter what age.

Example **“Talk to Your Teen”**

Make the most of the teen years; this workshop will help parents of middle and high schoolers stay connected.

Example **“They’re not trying to drive you crazy!”**

Your kids really do have reasons they misbehave. Find out what drives misbehavior and what you can do to redirect for a more peaceful household.

- **YouthZone’s parent classes brought our family back together.**
- **YouthZone’s parent classes taught practical everyday tools we could use.**
- **Thanks YouthZone. I needed to take your parenting classes year’s ago. What a difference they have made.**

