



**c.a.r.e. Parenting Skills Classes
Summer– Fall 2010**

Class Registration

For all locations call: (970) 356-6751

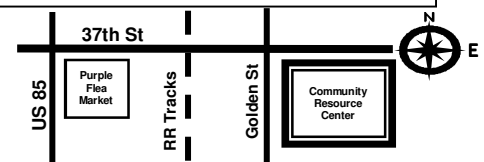
<p>Jack Meakins Community Resource Center 3700 Golden Street Evans</p>	<p>Jack Meakins Community Resource Center 3700 Golden Street Evans</p>
<p>Monday Evenings 6-8 pm Fee: \$50 Starting: August 16th through November 15th</p> <p>The Nurturing Program for Families 0-4 yr olds A 12 week class focusing on the development of empathy, self worth, self awareness, discipline with dignity, family roles, child development and expectations. Workbook included.</p> <p>Children's Program Available</p>	<p>El Martes por la tarde- 6-8 pm Costo: \$25 Comienza: Septiembre 7 asta Diciembre 9</p> <p>Strengthening Latino Families / El Fortalecimiento de las Familias Latinas Un programa que le enseña: Como mejorar la comunicaci3n con sus hijos, Como recuperar o mantener su posici3n de l3der en su hogar, Como mejorar la disciplina y el respeto en su familia, Como hablar con sus hijos acerca de temas dif3ciles como la sexualidad. Programa de ni1os disponible.</p>
<p>Wednesday Evening 6-8 pm Fee: \$50 Starting: September 1st through November 17th</p> <p>The Nurturing Program for Families 5-12 yr olds A 12 week class focusing on the development of empathy, self worth, self awareness, discipline with dignity, family roles, child development and expectations. Workbook included.</p> <p>Children's Program Available</p>	<p>Los Viernes por el mediodia- 1:00-3:00pm Costo: Gratis Comienza: Agosto 6 asta Octubre 8 Octubre 15 asta Diciembre 17</p> <p>Strengthening Latino Families / El Fortalecimiento de las Familias Latinas Un programa gratis que le enseña: Como mejorar la comunicaci3n con sus hijos, Como recuperar o mantener su posici3n de l3der en su hogar, Como mejorar la disciplina y el respeto en su familia, Como hablar con sus hijos acerca de temas dif3ciles como la sexualidad Programa de ni1os disponible.</p>
<p>Nurturing Skills for Teen Parents Location and time TBA</p> <p>8 week class focusing on issues related to being a teenage parent. Some lessons include how to help children build their self-esteem, infant massage, and discipline using the nurturing philosophy.</p> <p>Please call (970) 356-6751 for dates and more details Children's Program Available</p>	<p>Wednesday Evenings 6-8 pm Fee: \$25 Sept 8, 15, 22, 29 Nov 3, 10, 17, 24</p> <p>Parenting Your Teenager In this 4 week class you will develop a better understanding of adolescence and more effective methods of interacting with your teen on a daily basis.</p> <p>NO Children's Program Available</p>
<p>Co-Parenting After Divorce Fee: \$35</p> <p>English: 2nd Sat. of every month 8:30am–12:30pm Aug 14 Sept 11 Oct 9 Nov 13 Dec 11</p> <p>Spanish: 3rd Sat. of every other month 8:30am-12:30pm Sept 18 Nov 20</p> <p><i>This class meets the court requirements for divorcing parents. Join us for our 4 hour workshop and learn the skills needed to help your family through this challenging time.</i></p> <p>Must Register in Advance. NO childcare available.</p>	<p>Youth and Family Connections 2835 W. 10th St. Greeley</p>
<p>Wednesday Evenings 6-8 pm Fee: \$25 Aug 4, 11, 18, 25 Oct 6, 13, 20, 27</p> <p>RETHINK: Anger Management for Parents Learn how to manage your own response to your children's challenging behaviors. A 4 week class that will help parents understand child development, recognize anger triggers and learn techniques to help increase positive parenting.</p> <p>NO Children's Program Available</p>	

ONE HOUR WORKSHOPS on Ten steps of Parenting the SUPER NANNY WAY.

Contact Liz Hardy at 970-356-6751 X 308



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To register or for more information call, 356-6751