



*Family Resource Center*  
PREGNANCY | PARENTING



# Parenting Class

—Course Options—

## **Parenting Is Hard. You Are Not Alone.**

Whether you are expecting or already parenting, we are here to walk with you!

Our program is designed to support you with practical lessons that

*— Educate. Empower & Encourage —*

Be it by choice or through the recommendation of a trusted authority, we're glad you're with us on this journey.

A caring peer advocate looks forward to meeting with you one-on-one, either in person or online, making it easy to fit into your schedule. Each session includes a short, engaging video (just 15–20 minutes), followed by a relaxed conversation to reflect, ask questions, and connect. With a variety of topics to choose from, every lesson is designed to help build your confidence as you continue to grow into the amazing parent you are meant to be.

**You Are Not In This Alone—We Are With You Every Step Of The Way.**

**Call: 847-731-8360 or Text: 224-300-0860**

# Available Courses

— Many offered in English & Spanish —

## PERSONAL

**L6.1** Taking Care of Hygiene

**L6.2** Screen Time & You

**L6.3** Depression & Suicide

**L6.5** Anger Management

## FAMILY

**7.5** Family Violence: Impact on Children

**8.4** Child Abuse & Neglect: A prevention  
& Reporting Guide for Parents

**8.6** Preventing Abusive Head Trauma:  
The Crying Connection

**L4.2** Family Stability Inside of Change

**L4.3** Getting Established in a New Area

**L4.4** What is a Family?

**L4.5** Successful Family Living

**P11.1** Step parenting with Love & Logic

## LIFE

**L5.6** Finding an Apartment

**L2.1** Money Management

**L5.1** Surviving at the Checkout

**L5.3** Housekeeping How To's

**L6.4** Home Health

## SPECIAL CIRCUMSTANCES

**S4.1** Sex and You

**S4.2** The Heart of the Matter

**S4.3** Avoiding STI's

**S4.4** Choosing Marriage

**S4.5** Making the Commitment

## PARENTING & DISCIPLINE

### Magic 1,2,3

**P1.1** Straight Thinking

**P1.2** The 1-2-3

**P1.3** Real World Applications—Getting Started

**P1.4** Testing & Manipulation

**P1.5** Counting in Action and Conclusion

### More Magic 1,2,3

**P2.1** Intro—7 Tactics for Good Behavior

**P2.2** 7 Tactics for Good Behavior

**P2.3** Specific Application

**P2.4** The Family Meeting/Strategies for Self Esteem

**P2.5** Building Self Esteem & the Payoff

### Parenting by the Heart

**P3.1** How to Really Love Your Child

**P3.2** The Key to Discipline

**P3.3** Power Struggles

**P3.4** Lasting Legacy

**P3.5** Leaving a Godly Legacy

### Have a New Kid by Friday

**P3b.1** Have a New Kid by Friday: Monday

**P3b.2** Have a New Kid by Friday: Tuesday

**P3b.3** Have a New Kid by Friday: Wednesday

**P3b.4** Have a New Kid by Friday: Thursday

**P3b.5** Have a New Kid by Friday: Friday

### Homes of Honor

**P4.1** Discovering What Type of Parent You Are

**P4.2** Discovering Your Child's Personality Type

**P4.3** Using the "SALT" Principle

**P4.4** Providing Loving Support for Your Child

**P4.5** How to Make Your Child Feel Special

Topics not limited to those listed above.

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