



ONLINE – PARENT EDUCATION CLASS SCHEDULE

JULY 2020 – JUNE 2021

Our Positive Parenting Classes are appropriate for all types of parents – 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 strength based and is grounded in the protective factors for building strong families. It is designed to provide parents with an understanding of parenting skills and knowledge, particularly in the areas of child development, communication, positive parenting practices and self-awareness, while emphasizing the importance of self-care and parental resilience. Our goal is to provide parents with the tools they need to create a strong, healthy, safe, and nurturing environment. **Classes are offered in both English and Spanish and serve all of Alameda County. (Free to Alameda County Residents who qualify)**

All Classes will be provided via ZOOM meetings online (<https://zoom.us/>)

JULY 2020 – SEPTEMBER 2021				
July 2 – Sept 17	Thursdays	6:30pm – 8:30pm	12-Week	Instructor Otis Ward
July 6 – Sept 28 <i>(Holiday 9/7)</i>	Mondays	6:30pm – 8:30pm	10-Week	Michael Lewis
July 21 – Aug 25 <i>(Spanish)</i>	Tuesdays	6:30pm – 8:30pm	6-Week	Juan Cuba

OCT 2020 – DECEMBER 2020				
Oct 13 – Dec 15	Tuesdays	6:30pm – 8:30pm	12-Week	Otis Ward

JUANARY 2021 – MARCH 2021				
Jan 5 – March 9	Tuesday	6:30pm – 8:30pm	10-Week	Michael Lewis
Jan 7 – March 25 <i>(Spanish)</i>	Thursday	10:00am-12:00pm	12-Week	Juan Cuba

APRIL 2021 – JUNE 2021				
April 5 – June 28 <i>(Holiday, 5/31)</i>	Monday	6:30pm – 8:30pm	12-Week	Otis Ward
April 6 – June 8 <i>(Spanish)</i>	Tuesday	6:30pm – 8:30pm	10-Week	Juan Cuba
April 22 – May 27	Thursday	6:30pm – 8:30pm	6-Week	Michael

**TO REGISTER FOR OUR ONLINE CLASSES,
CALL OUR HELPLINE AT 800-829-3777**