



FAMILY GUIDANCE  
*and outreach*  
est. 1982

# WINTER 2025 PARENTING CLASSES

**Mondays, Tuesdays + Wednesdays  
at 6:30PM Central**

01/13: Anger and Emotional Wellness  
01/14: Encouraging Academic Success  
01/15: Understanding Childhood Anxiety  
01/20: Positive Dating Relationships  
01/21: Managing Sibling Rivalry  
01/22: Family Communication  
01/29: Helping Kids Make Good Choices

02/03: Managing Anger within Families  
02/04: Dangers of Alcohol Abuse  
02/05: Raising Kids with a Healthy Body Image  
02/10: The Basics of Respect  
02/11: Parenting Teen Drivers  
02/12: Understanding Children's Mental Health  
02/17: Talking to Youth about Mental Health  
02/18: Cultivating Independence in Kids  
02/19: Dangers of Pornography  
02/24: Talking to Kids about Alcohol  
02/25: Budget and Financial Planning for Families  
02/26: Discussing Sex Education with Youth



Classes begin at 6:30PM Central. Visit our website at least 10 minutes before class begins to register and enter the virtual classroom. Participants will receive a certificate acknowledging 2 hours of parenting education class following each session they attend.



[www.lubbockfamily.org](http://www.lubbockfamily.org)

Platinum  
Transparency  
2024

Candid.