



FAMILY GUIDANCE
and outreach
est. 1982

WINTER 2024 PARENTING CLASSES

Mondays, Tuesdays + Wednesdays
at 6:30PM Central

November 4: Blended Families

November 5: Managing Sibling Rivalry

November 6: Generational Trauma

November 11: No Class - Veterans Day

November 12: Parenting Teen Drivers

November 13: Discussing Sex Education with Youth

November 18: Single Parenting 101

November 19: Promoting Positive Self Esteem in Kids

November 20: Handling Parental Stress

November 25 - 27th: No class - Thanksgiving Break

December 2: Anger and Emotional Wellness

December 3: Talking to Kids About Peer Pressure

December 4: Screentime Scaries NEW

December 9: Safe and Healthy Discipline

December 10: Healthy Family Lifestyles

December 11: Effects of Drugs/Alcohol on Youth Development

December 16: Strategies for Busy Families

December 17: SIDS and Safe Infant Sleep

December 18: Talking to Kids About Bullying

December 23 - January 10th: Winter Break - No Class



www.lubbockfamily.org

Platinum
Transparency
2024

Candid.

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.

