



WINTER 2025 PARENTING CLASSES

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

- 01/13: Anger and Emotional Wellness
- 01/14: Encouraging Academic Success
- 01/15: Intimate Partner Violence
- 01/20: No Class: MLK Day**
- 01/21: Managing Sibling Rivalry
- 01/22: Family Communication
- 01/27: Positive Dating Relationships
- 01/28: Positive Male Role Models
- 01/29: Understanding Childhood Anxiety and Coping Skills

- 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: No Class: President's Day**
- 02/18: Cultivating Independence in Kids
- 02/19: Dealing with Bedtime Drama
- 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

Platinum
Transparency
2024

Candid.