



FAMILY GUIDANCE
and outreach
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FALL 2024 PARENTING CLASSES

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

- September 3: Managing Sibling Rivalry
- September 4: Dangers of Alcohol Abuse
- September 9: Positive Dating Relationships
- September 10: Parenting Teen Drivers
- September 11: Mental Health Education
- September 16: Dealing with Bedtime Drama
- September 17: Promoting Positive Self Esteem in Kids
- September 18: Family Communication
- September 23: Anger and Emotional Wellness
- September 24: Talking to Kids about Peer Pressure
- September 25: Handling Parental Stress
- September 30: Influences of Video Games

- October 1: Healthy Family Lifestyles
- October 2: Intimate Partner Violence
- October 7: The Basics of Respect
- October 8: SIDS and Safe Infant Sleep
- October 9: Understanding Children’s Mental Health
- October 14: Helping Kids Make Good Choices
- October 15: Fetal Alcohol Syndrome
- October 16: Effects of Pornography
- October 21: ADHD 101
- October 22: Budgeting and Financial Planning for Families
- October 23: Tackling Tantrums
- October 28: Managing Anger within Families
- October 29: Positive Male Role Models
- October 30: Positive Female Role Models



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.