



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POSITIVE PARENTING EDUCATION CLASS

BAYVIEW YMCA FAMILY RESOURCE CENTER
BAYVIEW HUNTERS POINT YMCA

This is a 12-week parenting program for parents and caregivers who have children between the ages 2 -12 years. Snacks and refreshments will be provided, as well as child watch services. There will be a \$25.00 gift card incentive upon successful completion of the parenting class.

First session is mandatory.

Session 1:	Introductions / Orientation / Welcome
Session 2:	Principles of Positive Parenting
Session 3:	Parent-Child Relationships
Session 4:	Teaching New Skills
Session 5:	Managing Misbehavior – Part 1
Session 6:	Managing Misbehavior – Part 2
Session 7:	Planning Ahead & Parent Traps
Session 8:	Getting out of Parent Traps
Session 9	Recognizing & Understanding Your Anger
Session 10	Managing Your Anger
Session 11:	Family Survival / Post Test
Session 12:	Graduation Ceremony!!!! (Certificate of completion issued)

Class meets every Tuesdays & Thursdays
Cycle of sessions: March 20 thru April 26, 2018
Time: 5:45pm to 7:30pm
Location: 1601 Lane Street, 3rd Floor

For enrollment, please contact Monte Hardy or Alejandra Madrigal
BAYVIEW HUNTERS POINT YMCA
1601 Lane Street, 3rd Floor,
San Francisco, CA 94124
P. 415.822.9404 Ext. 4241 OR 4238 F. 415.822.9405

