



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POSITIVE PARENTING EDUCATION CLASS

**BAYVIEW YMCA FAMILY RESOURCE CENTER**  
BAYVIEW HUNTERS POINT YMCA

This is an 11-week virtual parenting program for parents and caregivers who have children between the ages 2 -12 years.  
First session is mandatory.

|             |                                        |
|-------------|----------------------------------------|
| Session 1:  | Introductions / Orientation / Welcome  |
| Session 2:  | Principles of Positive Parenting       |
| Session 3:  | Principles of Positive Parenting       |
| Session 4:  | Parent-Child Relationships             |
| Session 5:  | Teaching New Skills                    |
| Session 6:  | Managing Misbehavior                   |
| 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            |

**Group meets virtually every Tuesday**

**Cycle of sessions: July 6<sup>th</sup> - September 14<sup>th</sup> 2021**

**Time: 6:00pm to 7:30pm**

**Location: Online Zoom Sessions**

**For enrollment, please contact the FRC  
BAYVIEW HUNTERS POINT YMCA**

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