

# **PARENTING CLASSES**

at the Child Guidance Center

2135 Babcock Road

San Antonio, TX 78229

Thursdays from 9:30 am to 11:00 am

Beginning Sept. 24<sup>th</sup>, 2009

- |         |   |
|---------|---|
| Sept 24 | Creating a healthy family   |
| Oct 1   | Parenting through the different life stages                                 |
| Oct 8   | Communication within the family   |
| Oct 15  | Establishing authority as a parent<br>Using effective discipline techniques |
| Oct 22  | Dealing with anger and stress   |
| Oct 29  | Nurturing children's self esteem  |
| Nov 5   | Encouraging motivation in children<br>Dealing with homework issues          |
| Nov. 12 | Raising 21 <sup>st</sup> Century kids                                       |

**\*\* Cost: \$ 5.00 per session \*\***

For more information contact the Child Guidance Center at  
614-7070