



SPRING 2024 PARENTING CLASS LIST



Parenting with Love and Logic® | PARN 265

This course assists parents and caregivers in developing practical skills for reinforcing the expectations their children experience at home and in school. Utilizing the Love and Logic® approach, this course will teach six subsets of skills that encourage home environments that stimulate responsibility, prevent misbehavior, and encourage setting healthy limits.

- Placentia - Woodsboro Elementary School at 4:15 p.m. on 04/16, 04/23, 04/30, 05/07, 05/14, and 05/21

Love and Logic®: Supporting Youth with Challenging Pasts | PARN 269

This course assists parents and caregivers in understanding how trauma and hurtful events affect a child's brain. Students will learn the importance of bonding and relationships and how to address the root causes of a child's behavior through practicing empathy, establishing boundaries, and building healthy relationships.

- Placentia - Golden Elementary School at 8:15 a.m. on 04/09, 04/16, 04/23, 04/30, 05/07, and 05/14
- Online Class - 04/15, 04/22, 04/29, 05/06, 05/13 and 05/20



Adverse Childhood Experiences | PARN 300

Learn about the effects of childhood adversity, toxic stress, and the impact on health and well-being. Explore methods to help address your personal history so you can provide attuned, nurturing care. Effects of early trauma can be prevented or reversed through healthy relationships. Learn how to promote wellbeing and resilience in children and ourselves.

- Online Class - 04/01, 04/08, 04/15, 04/22, 04/29, 05/06, 05/13 and 05/20

Early Childhood and Infancy | PARN 301

This course assists parents and caregivers in learning the importance of connection (attachment and bonding) as the building blocks to infant/early childhood social-emotional and cognitive development. The focus is on exploring ways parents and caregivers can provide responsive and attuned care while increasing lifelong resilience for their children.

- Online Class - 04/01, 04/08, 04/15, 04/22, 04/29, 05/06, 05/13 and 05/20



Family Dynamics | PARN 303

Discover the characteristics needed for healthy environments and relationships in the home while recognizing the uniqueness of each family dynamic. Learn the importance of caring for yourself while also providing the stability needed to meet the physical and emotional needs of the children in your life.

- Online Class - 04/01, 04/08, 04/15, 04/22, 04/29, 05/06, 05/13 and 05/20

Human Trafficking Awareness and Prevention | PARN 306

Learn about human trafficking from the perspectives of many working in the anti-trafficking movement. Increase awareness in your home, school, and community. Explore definitions, risk factors, and skills needed to aid in prevention and protection for youth who experience social media and other influences. This is a difficult issue, but solutions are within reach.

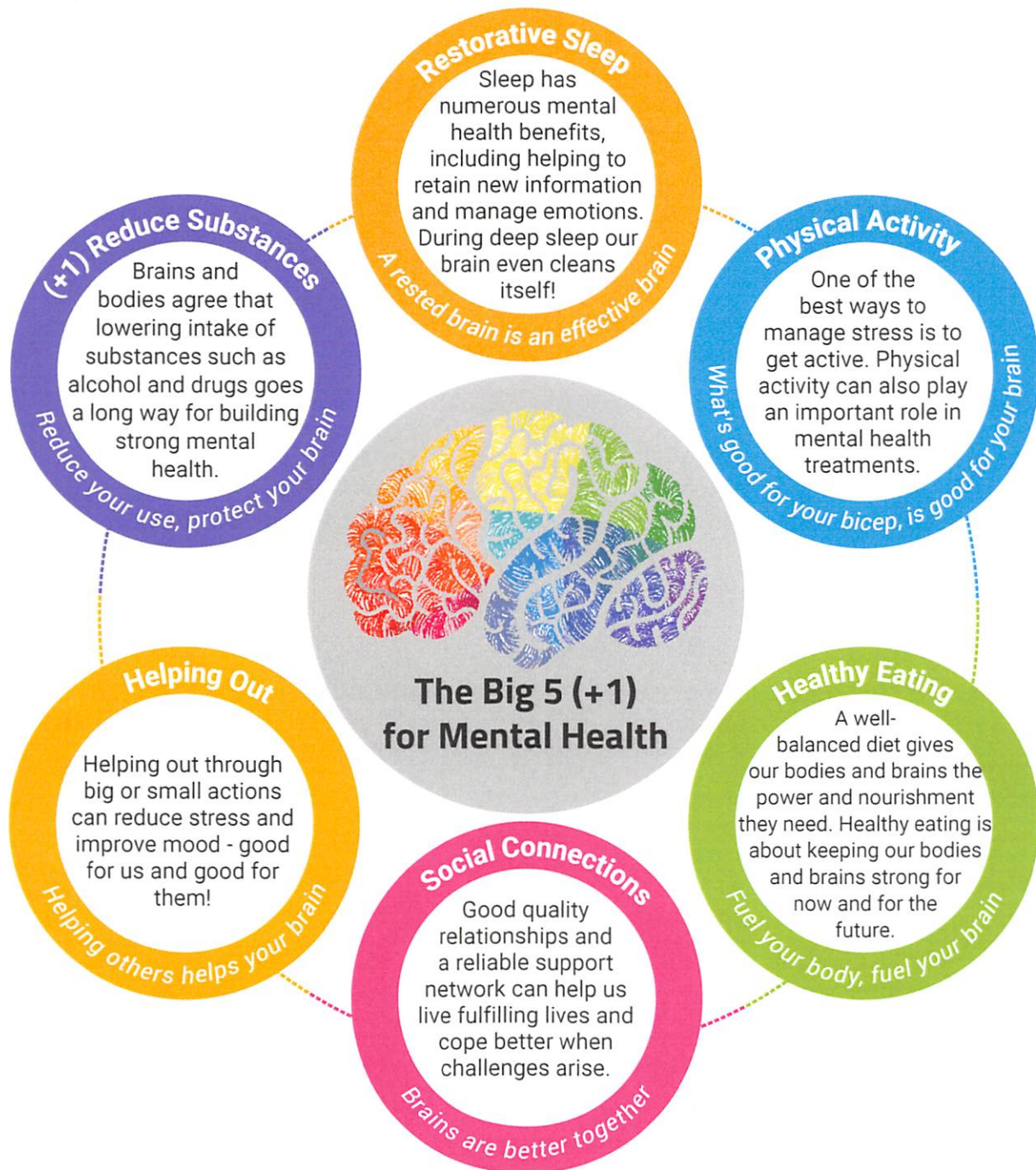
- Online Class - 04/01, 04/08, 04/15, 04/22, 04/29, 05/06, 05/13 and 05/20

Email us at parenting@noce.edu for more information!



The Big 5 (+1) for Mental Health

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.



The Big 5 (+1) are interconnected. Making improvements in one area often helps with the others too!

