

PARENTING CLASSES

Sponsored by Peachford Hospital

We Invite You to Attend S.T.E.P. (Systematic Training for Effective Parenting) Classes

To: All Family Members of Peachford Patients & Community Members

When: Every Tuesday

Time: 5:30 p.m. – 7:00 p.m.

Where: Downstairs at Peachford Hospital in Outpatient Services
(follow walkway from main hospital around sidewalk and down ramp to underneath hospital)

Cost: FREE for Current Peachford Patients' Families or Recently Discharged Patients' Families; (only \$15 per workbook) ; Otherwise \$10 per class and \$15 per Workbook

Curriculum:

Week 1: Learn the 4 Goals of Misbehavior & Responding vs. Reacting to your Child

Week 2: Learn about Personality Development & How Birth Order Influences Personality

Week 3: Learn the Power of Encouragement & How it Differs from Praise

Week 4: Learn How to Communicate Effectively Through Reflective Listening & "I" Messages

Week 5: Learn How to Use Natural & Logical Consequences to Discipline Misbehavior

Week 6: Learn How to Choose the Right Approach (Putting It All Together)