Class Descriptions & Schedule for 2017-2018

*Active Parenting for Stepfamilies
Thursday evenings - 6:00-8:00pm - Minot
September 7, 14, 21, 28 October 5, 12
This discussion and video-based program is the perfect way to learn the skills and techniques helpful for successfully building and nurturing a blended family.

*Signing
Monday evenings - 6:00-7:30pm - Minot
September 11, 18, 25 October 2, 9, 16, 23, 30
This is an awesome opportunity to learn basic sign language to use with young children. Signing is an effective, fun way to decrease frustration between you and your child.

*Parenting the Love and Logic Way®
Tuesday evenings - 6:00-8:00pm - Minot
September 12, 19, 26 October 3, 10, 17
Love and Logic is a video-based parenting class for parents of all ages of children. The class illustrates parenting techniques that emphasize respect, empathy, logic and limits. Learn to put the fun in parenting.

*Parenting the Love and Logic Way®
Wednesday evenings - 6:00-8:30pm - IN TOWNER, ND
September 20, 27, November 4, 11, 18
(See description above)

*Active Parenting: First Five Years
Thursday evenings - 6:00-7:30pm - Minot
October 26 November 2, 9
Have fun, meet other parents and learn effective skills for parenting young children ages 0-5 with this video and discussion based program.

*Nurtured Heart
Monday evenings - 6:00-7:30pm - Minot
November 6, 13, 20, 27 December 4, 11
Help your child discover their greatness! Learn effective parenting techniques to address difficult and intense child behaviors. See improved behaviors at home, school and in public.

*Active Parenting Now
Tuesday evenings - 6:00-7:30pm - Minot
November 7, 14, 21, 28 December 5, 12
Parents and caregivers of 5-12 year olds will learn to be an active vs. reactive parent. This video and discussion based program addresses situations and challenges that are expected when parenting this age group. Come, learn new skills, meet other parents and have some fun!

Call 857-6450 to register and learn specific class site. These classes are in Minot. Unless otherwise noted, preregistration is required.

*Parenting Education Classes
(Trinity Riverside)
1900 8th Ave SE - Minot
Tuesday evenings
5:30-8:00pm
(light supper @ 5:30pm)
Sept. 12 - Dec. 26
Preregister by calling Karissa at 857-3622.
Free program for families with children 0-12 yrs. old. Childcare is provided.
(Another session begins in January 2018)

Parents Forever™
12:30pm - 4:45pm
(Includes a break)
September 13, 2017
October 19, 2017
November 9, 2017
(See our web site for future dates)
Parents Forever is a research-based educational program that puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents vs. feeling caught in the middle of their parent’s conflict. There is a fee for this class.
*Parenting the Love and Logic Way®
Thursday evenings - 6:00-8:00pm - Minot
January 4, 11, 18, 25 February 1, 8
(See description on front page)

*Basic Beginnings
Monday evenings - 6:00-8:00pm - Minot
January 8, 22, 29 February 5, 12
If you are a new or expecting parent (or maybe it has been awhile since there was a baby in the house), this series is for you. By engaging in hands on activities, demonstrations, discussions, and facilitation, you will learn the basics of baby care as it relates to bonding, attachment, safety, health, sleep, feeding, and development. This is a great opportunity to meet other new parents too.

*Active Parenting of Teens & Pre-teens
Tuesday evenings - 6:00-8:00pm - Minot
February 6, 13, 20, 27 March 6
Enjoy the teen years by learning to be an active vs. reactive parent by using skills presented in this video and discussion based series. The program addresses: teen brain development, parenting styles, communication, problem solving, responsibility, self-esteem, teen behavior goals, high-risk behaviors, alcohol, drugs, sexuality and violence. Meet other parents in this relaxed environment.

*Happiest Baby on the Block
Thursday evenings - 6:00-7:30pm - Minot
February 15, 22
The title says it all! Learn techniques to calm and soothe your baby while increasing baby’s sleep time (and yours).

*Basic Beginnings
Monday evenings - 6:00-8:00pm - Minot
February 26 March 5, 12, 19, 26
(See description above)

*Cooperative Parenting & Divorce
Thursday evenings - 6:00-8:00pm - Minot
March 15, 22 April 5, 12, 19, 26 May 3, 10
This video-based program addresses the parenting issues created because of divorce/separation. Learn techniques to give your children the opportunity to grow and flourish in home environments that are free from parental hostility. Your children will thank you.

*Nurtured Heart
Monday evenings - 6:00-7:30pm - Minot
April 9, 16, 23, 30 May 7, 14
(See description on front page)

On-Site Education:
The Region 2 Parent Resource Center staff may be available to provide on-site parenting education. For more information about on-site classes, please contact us.

More Classes: Watch the PRC website, Facebook page, and newsletters for additional classes that may be offered during the year.

ND Growing Futures: Credits will be requested for some classes.

* symbol indicates all classes are FREE (except for Parents Forever) and funded by The ND Department of Human Services, Children & Family Services Division, Child Protection Program. Classes are presented by the NDSU Extension Service PRC.

Do the best you can until you know better. Then when you know better, do better. Maya Angelou

Live so that when your children think of fairness, caring, and integrity, they think of you. H. Jackson Brown, Jr.

To be in your children’s memories tomorrow, be in their lives today. Anonymous