These opportunities are free. Pre-registration is required. These classes are in Minot, unless otherwise noted.

* Nurturing Parenting Program *(Trinity Riverside) 1900 8th Ave SE - Minot Pre-register to Karissa 701.857.5998
Free program for families with children 0-12 yrs. old. Childcare is provided.
**Tuesday evenings** 5:30-8:00 p.m. (light supper @ 5:30 p.m.)
Sept. 3 - Dec. 18 - (a second series begins in January 2020)

Parents Forever™
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 conflict. There is a fee for this class.
12:30pm - 4:45pm (Includes a break)
Sept. 4, 2019 or October 9, 2019 or November 13, 2019
(See our web site for future dates)

* Nurtured Heart - (Celebrating Your Child's Greatness)
Help your child discover their greatness! Join other parents in learning effective parenting techniques to address difficult and intense child behaviors. See and experience improved behaviors at home, school and in public.
**Monday evenings** – 6:00-8:00 p.m. - Minot
September 16, 23, 30 October 7, 14, 21

* Active Parenting for Stepfamilies - (Tools for Strengthening Your Blended Family)
Register now for this frequently requested class. This is the only time it will be offered this year. This discussion and video-based program is the perfect way to learn the skills and techniques for successfully building and nurturing a blended family.
**Tuesday evenings** – 6:00-8:00 p.m. - Minot
September 17, 24 October 1, 8, 15, 22

* Active Parenting: First Five Years - (Enjoying and Enhancing Your Child’s First 5 Years)
Have fun, while meeting other parents and learning effective skills for parenting young children, ages 0-5 with this video and discussion based program.
**Tuesday evenings** – 6:00-8:00 p.m. (at Minot Head Start – childcare provided)
October 8, 15, 22, 29

* Paper Tigers - (One Caring Adult can Help Break the Cycle of Adversity in a Young Person’s Life)
After viewing and discussing Paper Tigers, you will increase your understanding of Adverse Childhood Experiences while supporting those who have experienced trauma. Pizza will be served.
**Monday evening** – 6:00-8:30 p.m. - Minot
October 28

* Circle of Security® - (Bonding and Attaching with Your Infant or Toddler)
From the moment they are born children are telling us what they need. Recognize cues to be your child’s secure base. Learn to follow your child’s needs when possible and take charge when necessary.
**Thursday evenings** – 6:00-8:00 p.m. - Minot
November 7, 14, 21 December 5, 12, 19

“*If you want to change the world, go home and love your family.”
Mother Theresa

When a child walks in the room, your child or anybody else’s child, do your eyes light up? That’s what they’re looking for.
Toni Morrison
*Parenting Children with Strong Emotions: Anger* - (Helping Your Child Manage a Big Emotion)
Graduate students present this information and focus on strategies to help parents better understand and manage their children's anger.
**Monday evenings** - 6:00-8:00 p.m. - Minot
**November 18, 25** December 2, 9

*Parenting the Love and Logic Way®* - (Putting the Fun in Parenting)
This class is perfect for parents and caregivers of all ages of children. Love and Logic presents parenting techniques that emphasize respect, empathy, logic and limits.
**Thursday evenings** - 6:00-8:00 p.m. - Minot
**January 9, 16, 23, 30** February 6, 13, 2020

*Basic Beginnings* - (Where are the Instructions?)
Are you 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.
**Tuesday evenings** - 6:00-8:00 p.m. - Minot
**January 14, 21, 28** February 4, 11, 2020

*Active Parenting: First Five Years* - (Enjoying and Enhancing Your Child’s First 5 Years)
Have fun, while meeting other parents and learning effective skills for parenting young children, ages 0-5 with this video and discussion based program.
**Thursday evenings** - 6:00-8:00 p.m. (at Minot Head Start - childcare provided)
**February 13, 20, 27** March 1, 2020

*Signing* - (Communicating before There are Words)
This is an awesome opportunity for learning basic sign language to use with young children. Signing is an effective, fun way to decrease frustration between you and your child.
**Tuesday evenings** - 6:00-7:30 p.m. - Minot
**February 18, 25** March 3, 10, 17, 24, 31 April 7, 2020

*Conscious Discipline* - (Creating a Nurturing Home for Your Child)
“Discipline isn’t something you do to children, it’s something you develop with them.” - Dr. Becky Bailey
Conscious Discipline offers parents and caregivers opportunities to learn skills needed for creating safe, connected and problem-solving homes.
**Monday evenings** - 6:00-8:00 p.m. - Minot
**March 16, 23, 30** April 6, 20, 27 May 4, 2020

*Active Parenting of Teens & Pre-teens* - (Guiding My Child through the Teen Years)
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.
**Tuesday evenings** - 6:00-8:00 p.m. - Minot
**March 31** April 7, 14, 21, 28, 2020

On-Site Education:
The Region 2 Parent & Family 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 PFRC website, Facebook page, and newsletters for additional classes that may be offered during the year.

Programs are funded by The ND Department of Human Services, Children & Family Services Division, Child Protection Program. Classes are presented and funded by the NDSU Extension PFRC.