

# Classes for PARENTS

This brochure is compiled by:  
 Eaton Intermediate School District  
 Prevention Program Services

For parent program inquiries, call  
 Mary Latchaw, Program Assistant, 517-541-8749

## Eaton Great Start... Build My Brain

FREE five-session series for parents and caregivers that explores the development of a child's brain and gives participants lots of ideas on how to stimulate brain development and growth in young children. Series includes sessions on brain development, music for learning, books and early literacy, gross and fine motor movement, and math and science. This training is endorsed by the RRC as a Tier Two training for child care providers.

For more information call Eaton Great Start at  
 517-541-8799 or 517-541-8795  
 Register at <http://www.eatonisd.org/prodevelopment>

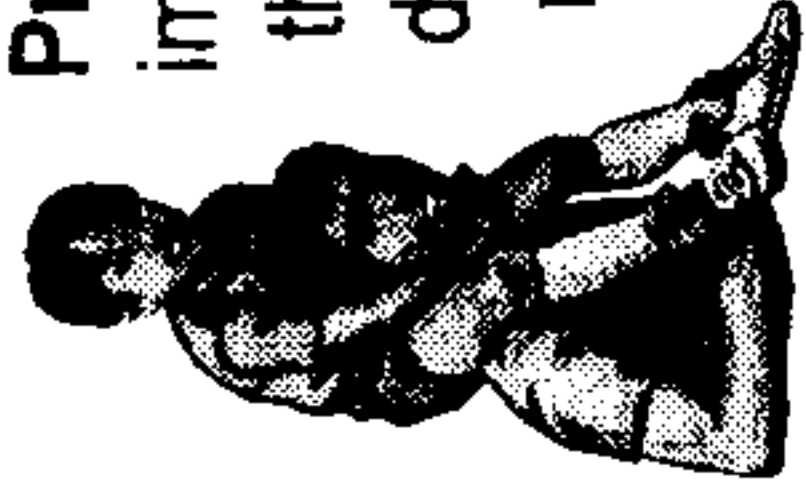
Training for parent education classes is provided by local providers and Eaton Intermediate School District, Prevention Program Services through funding from Mid-South Substance Abuse Commission, Eaton County Juvenile Justice Millage, and other funding sources. Classes are open to all parents. Classes may be cancelled if enrollment is insufficient.

### CLINTON COUNTY

For information on classes offered in Clinton County, please contact Raeann Fleischer-Olson at the Clinton County Counseling Center—989-224-5305.

### CACS HEAD START

All classes listed below are being offered through Capital Area Community Services (CACS) Head Start. For more information about class dates, times, and locations or to register for classes, please call Sharon Rogers, Derrick Gilliam, or Gwen Philpott-Brinson at 517-999-2730. If you are a Head Start parent, please remember to bring your Promise Card.



**Proud Fathers**—A ten-week program for dads, stepfathers, and very important males. This program helps to strengthen the significant role that fathers and very important males play in the successful development of children. Participants will receive free dinner, materials, childcare, and incentive gifts for completion of the program.

### Reflections: A Celebration of Womanhood...A Pathway to

**Empowerment**—A six-week interactive program for women to come and celebrate womanhood with others.

**Proud Parents Marriage & Parenting**—A six-week interactive learning experiences for couples. For married & unmarried couples raising children together or planning to have children. Participants will receive free dinner, childcare, and incentive gifts for completion of the program.

**Successful Parents, Successful Kids**—A six-week interactive program offering parents new ideas to promote their children's creativity, social-emotional growth, and independent thinking. It is designed to promote children's resiliency. Participants will receive free dinner and childcare.

**Raising a Reader**—A six-week interactive program that will enhance the literacy skills of your preschooler. We will discuss the ways in which parents can help improve the language development in their child.

**Employability**—Practice skills to assist you in the workforce. Open to the public. Childcare and dinner provided. Thursday, January 19, 5:30 - 7:30 p.m., CACS Head Start, 1107 E. Grand River, Lansing.

**Parents as Leaders II "SMART" Goals**—Who should attend? Parents, policy council members, classroom representatives, and the community (open to the public). "SMART" Goals Topics of Discussion: Goal Setting, How to Achieve Goals, Writing "SMART" Goals; Goal Tracking/Effective Ways to Get More Done; Developing Your Dream Notebook (activity). Free childcare and dinner provided.

**Parenting is a Tough Job!**—Do you need a place to talk about parenting? Would you like to help mentor other parents by sharing your positive parenting and stress management strategies? Would you like to be more involved with your community as a Parent Leader? Fathers are welcome...father involvement is also important to a child's healthy development. Circle of Parent's might be the place for you! Presenter: Sylvia Brown-Jones, Children's Trust Fund.

## BECOMING A LOVE AND LOGIC PARENT

This parenting course, developed by the Love and Logic Institute, Inc., provides specific answers and actions for some of those difficult moments in child rearing. These simple techniques are effective with all children, from toddlers to teens.



### • EATON COUNTY

**Charlotte**—Saturdays, January 14–February 25, 3:00-5:00 p.m., First Congregational Church, 106 S. Bostwick. Instructor Rachel Eye. Class fee is \$15 per family and childcare is provided. Register by calling Rev. Tom Jones at 517-231-3304.

**Eaton Rapids**—Wednesdays, February 15–March 28, 6:30-8:30 p.m., Lockwood Elementary School Library, 810 Greyhound Dr. Instructor Pam Wilson. **This class is for parents of early elementary students.** Register by calling Julie Powers at 517-663-8194.

### • INGHAM COUNTY

**Lansing**—Mondays, January 23–February 27, 6:00-8:00 p.m., Harry Hill Career Center, Russ Maples Conference Center, 5815 Wise Rd. **This class is for parents of children ages 6-18.** This class is free and childcare & refreshments are provided. Parent workbook is \$10. Register by calling Carolyn Stone at 517-755-4081 or Jennifer Wright at 517-755-4080. *Early registration is encouraged as classes fill up quickly.*

**Lansing**—Mondays, March 5–April 9, 6:00-7:30 p.m., Harry Hill Career Center, 5815 Wise Rd. **This class is for parents of children ages 0-5.** This class is free and childcare & refreshments are provided. Parent workbook is \$10. Register by calling Carolyn Stone at 517-755-4081 or Jennifer Wright at 517-755-4080. *Early registration is encouraged as classes fill up quickly.*

**Lansing**—Call Rachel Prosen, Parent Education Coordinator at CAPS—517-484-8444 for class dates, times, locations, and fees.

**Stockbridge**—Wednesdays, February 29–March 28, 6:30-8:30 p.m., Heritage Elementary, Room C133, 222 Western Street. Instructor Kathy Lehr. Class is free and childcare is provided in Room C125—must pre-register and indicate the number of children needing childcare. Register by calling Stockbridge Community Ed at 517-851-8222.

## STRENGTHENING FAMILIES “ROOTS & WINGS” (for Parents/Caregivers and Youth ages 11-17)

This FREE seven-week series begins with a FREE family dinner. The program assists parents and teens in building stronger relationships and in decreasing the level of family conflict and disciplinary challenges. Following dinner, parents and teens attend separate groups for one hour. In the last hour, parents and teens come together to practice the concepts with each other in a fun manner. Youth focus on dealing with stress and strong emotions, peer pressure, appreciating parents, and enhancing their coping skills.

**Lansing**—Call 517-372-4700 ext. 140, Cristo Rey Community Center, 1717 N. High Street, for class dates and time.

## PARENT NURTURING (for Parents/Caregivers of Infants, Toddlers, & Children)

A 10-week program focuses on practical and easy-to-learn parenting techniques that work for children. Learn simple techniques to encourage good behavior and strengthen relationships with your children. This class is free with a DHS referral. Without a DHS referral, there is a \$10 fee per session or \$15 per couple per session.

**Lansing**—Call 517-372-4700 ext. 140, Cristo Rey Community Center, 1717 N. High Street, for class dates and time.

## NURTURING PARENTING (for Parents of Children ages 5-11)

A 10-week series that focuses on practical and easy-to-learn parenting techniques that work for children. Learn simple techniques to encourage good behavior and strengthen relationships with your children.

**Eaton County MSU Extension**—Call Donna Turner, Extension Educator, at 517-543-4465 for class dates, times, and locations.

## STAYING CONNECTED WITH YOUR TEEN

This class is for all parents or caregivers with teens ages 11-17. The class looks at ways to provide caring, supportive, and consistent parenting to reduce risk for substance abuse and/or disciplinary challenges. Various topics will be addressed including strengthening communication, managing family conflict, planning family meetings, strengthening family bonds, and understanding the changes teens experience.

### • EATON COUNTY

**Charlotte**—Tuesdays, 6:00-8:00 p.m., Barry-Eaton District Health Dept., 1033 Health Care Dr. Instructor Holly. New classes start every six weeks. This class is free. Register by calling Holly at 517-667-0631.

### • INGHAM COUNTY

**Lansing**—Call Robert Easterly at Teen Court—517-371-2823 for class dates, times, and locations.

## PARENTS RAISING SAFE KIDS

This is a national anti-violence research based program that protects children and youth from violence before it occurs. It is an evidenced based parenting program that has been provided throughout the country for over 10 years and was developed by the American Psychological Association. Classes are free, but the workbook is \$10 and available the first night of class. Topics discussed: Understanding Your Child's Behaviors; Children and Violence; Understanding and Controlling Anger; Resolving Conflicts in a Positive Way; Positive Discipline Part A and B; Reducing the Influence of Media on Children and Adult's Role in Raising Safe Kids. Refreshments and childcare are provided free of charge.

**Lansing**—Mondays, April 2–May 21, 6:00-8:00 p.m., Russ Maples Conference Center, 5815 Wise Rd. When registering, indicate the number of children needing childcare. Register by calling Carolyn Stone at 517-755-4081 or Jennifer Wright at 755-4080 by March 22, 2012.

## PARENTING 911

This program is free and is designed around the needs of parents who are struggling with trying to raise their teenager. Topics covered will include “normal” adolescent development, parenting styles, building a success plan (for you AND your child), and focusing on “hotspots” (i.e., “if she has so much potential, why is she failing school?” “He is hanging out with the wrong crowd. If he would only change his friends.”)

**Grand Ledge**—Call Laura Whyble at 517-925-5451 or The YES Center at 517-627-0467 for class dates, times, and locations.

## ALTERNATIVES TO ANGER

A four-week series for adults/parents/caregivers. Participants will learn: What Anger Is and What Triggers It; Calming Down and De-Stressing; The Four Principles of Problem Solving; Effective Communication Skills; Forgiving and Letting Go of the Past.

**Eaton County MSU Extension**—Call Donna Turner, Extension Educator, at 517-543-4465 for class dates, times, and locations.

## Eaton Great Start Opportunities

**March 18-31, 2012:** Early Childhood Literacy Weeks—Visit storybook characters and do fun activities with your young children at 15 scheduled sites throughout Eaton County and over 40 sites around the Capital Area. To find specific sites, check out [caidl.org](http://caidl.org).

**April 20, 2012:** Month of the Young Child Author Visit—Parents and young children are invited to an interactive evening with one of Michigan's children's authors at this event. There will be lots of activities and fun at the Ramada Inn, 7501 W. Saginaw, Lansing.

**May 3, 2012, 5:30-7:30 p.m.:** It's Fun to Be Four: Getting Ready for School—This event is designed especially for those children who are four years old and their parents. Find out how to be ready for Kindergarten and about preschool options at Eaton ISD, 1790 E. Packard Hwy, Charlotte.

**Summer 2012:** Toddler time in the Parks—Great Start staff will take off to the local parks to provide activities for young children and their parent or caregiver.

**Fall 2012:** Super RED (Read Every Day) —The Eaton Great Start mascot is looking forward to his BIRTHDAY PARTY again in the fall. Super RED wants all children to enter school healthy, happy, and ready to learn and grow. He knows that physical and social activities during the early years can help make this possible.

### Other ongoing opportunities through Eaton Great Start

- CPR and First Aid Training
- Toddler Time Literacy-based Playgroups
- It's Fun To Be Mei!
- Emotion Coaching

Watch for more information on our Facebook page or check out the activity calendar on [eatongreatstart.org](http://eatongreatstart.org)