

PARENTING

CLASSES

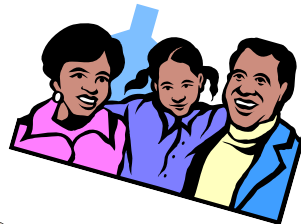
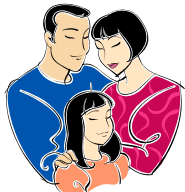


To register or get additional information, call us at 972-882-5277 or log onto our website at www.communityedclasses.org. Also, be sure to check out our exciting list of other **ADULT CLASSES and **KIDS' CLASSES**! We offer everything from career enrichment classes to 'just for fun' classes. We offer something for just about everyone! Learn something new and have fun, too!**

Girl Aggression

Have you ever wondered if girls and boys 'bully' in the same ways? Are you worried that the girl in your life is being bullied, but not in a physical way? Do you feel as though your adolescent daughter exists in a different world, speaking a different language and living by different laws? It is not difficult to notice bad behavior in boys when they act out by getting into fights or become physically aggressive. Conversely, it is easy to miss the subtle signs of aggression in girls - the dirty looks, the taunting notes, catty comments, or the exclusion from a certain group - that send girls home crying. This class, based on the popular books *Odd Girl Out* and *Queen Bees and Wannabees*, will give class participants a glimpse into the adolescent girl's world and what may be happening right before a parent's eyes. Class discussion will remove the 'blindness' to help girls cope. ***This class will be helpful to both parents and child caregivers/daycare workers.***

Class #: 4556-F05 **Date:** Thursday - 12/01 **Time:** 6:30 - 8:30 p.m.
Tuition: \$19 **Location:** PHS - Rm. 224 **Instructor:** Kelly Smith



Try and Make Me!

Where and why did this defiance start? Why doesn't praise work? How can I avoid power struggles? If you have ever asked yourself these questions, this class may be for you! Dr. Ray Levy has written down all the answers in his book, *Try and Make Me*. This class will center on discussion of this book in an interactive and entertaining manner. Handouts will be given out as well. The class fee includes the cost of the book. ***This class will be helpful to both parents and child caregivers/daycare workers.***

Class #: 4554-F05 **Date:** Tuesday/Thursday - 11/15 & 11/17
Time: 6:30 - 9:00 p.m. **Tuition:** \$29
Location: PHS - Rm. 224 **Instructor:** Kelly Smith

Understanding ADHD

What is ADHD? How will it affect my child and the rest of the family? Will my child constantly struggle with this disorder? Receiving a diagnosis of ADHD can often induce confusion, worry and fear in parents. This brief introduction to Attention-Deficit/Hyperactivity Disorder will explore the most recent research regarding ADHD. This class will also provide an overview of what it is, how it is diagnosed, and some of the most effective intervention strategies for both home and school. ***This class will be helpful to both parents and child caregivers/daycare workers.***

Class #: 4555-F05 **Date:** Thursday - 11/29 **Time:** 6:30 - 9:00 p.m.
Tuition: \$34 **Location:** PHS - Rm. 224 **Instructor:** Kelly Smith

