



2019 Parenting Class Schedule

Thursday 1/10- 3/21 5 - 6:30 PM Instructor/ Joy
Tuesday 4/09 - 6/11 10- 11:30 AM Instructor/ Joy
Thursday 7/11- 9/12 5 - 6:30 PM Instructor/ Joy
Tuesday 10/08-12/10 10 - 11:30 AM Instructor/ Joy

All Parenting classes meet one time per week.

Morning parenting classes are located in the Job Center building across from PSN Resource Center-8600 Sheridan Rd. Evening parenting classes are located at Kenosha Area Family Aging Services INC-Main office-7730 Sheridan Road.

Any questions please contact:

Joy Bjerk

Family Service Worker/Parenting Class Facilitator

(262) 818-3448

or jbjerk@kafasi.org

****Please note that Spanish speaking parenting classes Are available upon request! For more information, please contact**

Anid Perez at 658-3508 ext. 121 or alperez@kafasi.org

We will discuss the following topics:

*Family Values & Morals
Family Rules & Family Meetings
Behavior Management
Recognizing & Communicating Feelings
Responsible Parenting
Empathy & Needs
Personal Power
Age Appropriate Expectations
Managing Stress & Anger
Routines & Schedules
Problem Solving
Self-Worth*

Remember....

***A Healthy Family and Healthy Children
Start with You!***

