



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.

All parenting classes are located at Kenosha Area Family Aging Services INC-Main office-7730 Sheridan Road.

Fee for class is:

Non-resident \$75 (due first day of class)

Kenosha County Resident \$25

DCFS referral \$15

****Please note that Spanish speaking parenting classes**

Contact: Anid Perez at 658-3508 ext. 121 or

alperez@kafasi.org

Any questions please contact:

Joy Bjerk - Parenting Class Facilitator

262-818-3448 or jbjerk@kafasi.org

We will discuss the following topics:

- (Family Values & Morals
- 2 Family Rules & Family Meetings
- 6 Behavior Management
- 2 Recognizing & Communicating Feelings
-) Responsible Parenting
- Empathy & Needs
- Personal Power
- 8 Age Appropriate Expectations
- 1 Managing Stress & Anger
- 8 Routines & Schedules
- Problem Solving
- 3 Self-Worth
- 4
- 4
- 8

Remember....

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

