



### **Spring 2022 Parenting Class Schedule**

*Wednesdays 1/19 - 3/23 9 to 10:30 AM*

*Wednesdays 2/9 - 4/13 5:30 PM to 7 PM*

*Tuesdays 4/5 - 6/7 8:30- 10 AM*

***All parenting classes meet one time per week.***

***All parenting classes are online Via Zoom***

***(due to the COVID 19 pandemic)***

***Spanish speaking parenting classes are available upon request***

**Fee for class is:**

<b>Non-resident</b>	<b>\$75 (due first day of class)</b>
<b>Kenosha County Resident</b>	<b>\$25</b>
<b>Kenosha DCFS referral</b>	<b>\$15</b>

*If interested in taking the class, please contact  
Joy Bjerk - Parenting Class Facilitator/Instructor  
at 262-818-3448 or [jbjerk@kafasi.org](mailto:jbjerk@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!***

