# Positive Parenting Groups

Exchange Club CAP Center



**Strengthening Families** 

2300 10th Court South Birmingham, Al 35205 (205) 801-5151

# Topics Discussed in Positive Parenting Groups:

- What is Child Abuse?
- Shaken Baby Syndrome
- Managing Stress in Children
- Anger Management
- Family Rules
- Living with ADHD
- Problem Solving, Decision
   Making, Negotiation and
   Compromise
- Children and Substance Abuse
- Promoting Self Esteem in Children
- Respecting Differences
- Child Development/Age-Appropriate
   Expectations
- Safety in the Home

\*\*\*Topic content and/or titles
are subject to change. The list above is only a
sample of the numerous topics that are
taught\*\*\*

## Positive Parenting Groups (PPG)

The Exchange Club CAP Center's Positive Parenting Groups (PPG) are open to all parents, expecting parents and caregivers wanting to learn more about parenting their children in a positive way in order to strengthen their families and build healthy relationships with their children.

Parenting classes are held weekly throughout the year and offer a combination of education and support. Group Facilitators provide information that is useful in helping parents work toward improving their parenting skills.

- Participants will have to complete 12 classes within 4 months to receive a certificate of completion.
- No credit will be given for duplicate topics.
- Participants may only attend 1 Open Discussion class.
- The Center will require at least 3 business days to complete all attendance checks & letters.
- Original Certificates must be picked up at our office or mailed.
- Duplicate Certificates will cost
   \$5.00.

Classes are FREE (donations are encouraged) Children May Not Attend To register or request a letter of attendance please email the following; Participants Name Contact (home and/or cell) corresponding email address To shopkins@4cap.org and a member of our team will contact you shortly. Or call (205) 801-5151

### Group Schedule

Mondays from 11:00 a.m. - 12:00 p.m. This class targets issues important to those expecting & with children Birth- 12 years old.

Tuesdays from 12:00 noon -1:00 p.m.
This class targets issues important to those expecting & with children Birth- 17 years old.

Thursdays from 1:00-2:00 p.m.
This class targets issues important to those expecting & with children Birth- 12 years old.

Fridays from 10:00 a.m. -11:00 a.m. This class targets issues important to those expecting & with children Birth- 12 years old.

Saturdays from 10:00 a.m. -11:00 a.m. This class targets issues important to those expecting & with children Birth- 12 years old.





#### Like us on Facebook at Exchange Club Child Abuse Prevention Center

\*\* In cases of severe weather, please contact the center, watch ABC 33/40, FOX 6 or CBS42 school closing or check our Facebook regarding group cancellations \*\*

Sponsored by:

Children's Trust Fund

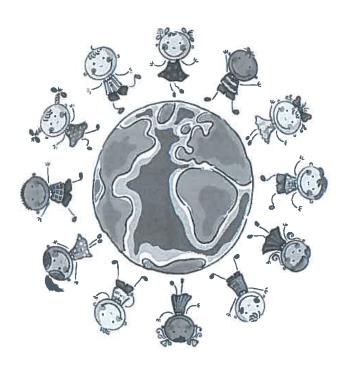


And

**Big Saver Thrift Stores** 

#### **Exchange Club CAP Center**

#### Strengthening Families & Breaking the Cycle of Child Abuse and Neglect.



#### Exchange Club CAP Center-

2300 10th Court South Birmingham, Alabama 35205 Phone: 205-801-5151 Fax: 205-801-6040

www.4CAP.org