

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 ****

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Exchange Club CAP Center

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



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Birmingham, Alabama 35205

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www.4CAP.org