



The Center for Parenting Education
Winter/Spring 2007 Schedule

Educational Workshops

January 2007

Understanding Your Teen – The Challenging Years: 12-18

Learn about your teens' development, how to make sense of their new behaviors and attitudes, how to meet their needs while finding ways to connect with them and maintain healthy discipline

Tuesdays, January 16 and 23

7:00 p.m. to 9:00 p.m.

at The Center for Parenting Education, Abington, PA

Fee: \$20.00 for members, \$30.00 for non-members

Tips of the Trade: Fundamental Skills for Healthy Parenting

"I Want to be a Better Parent - But I Don't Know How!"

This 10 week, in-depth course looks at parenting from many different perspectives. A few of the topics that will be covered are effective discipline, self-esteem, communication skills, family dynamics, child development and team parenting. If you are interested in enhancing your parenting skills, this outstanding course may be just what you and your family needs.

Beginning Monday, January 22

9:30 to 11:30 AM

at The Center for Parenting Education, Abington, PA

Fee: \$ 100.00 for members, \$130.00 for non-members plus book fee

Tools for Effective Discipline

This workshop teaches discipline techniques that allow parents to remain calm and confident even when they must stop children from unacceptable behaviors. For all parents of children 3 years through adolescence.

Wednesdays, January 31

7:00 p.m. to 9:00 p.m.

at Rydal East Elementary School, 1160 Huntingdon Pike, Huntingdon Valley, PA

Fee: \$10.00 for members, \$15.00 for non-members

February 2007

Partners in Parenting – Working together as a Team

Working together with the people who are involved in the care and raising of your children is one of the greatest gifts you can give to your children. Explore the issues involved in creating this "team spirit" and learn the skills you can use to provide this security for your children.

Thursdays, February 15

7:00 to 9:00 p.m.

at Roslyn Elementary School, 423 N. Easton Road, Glenside, PA

Fee: \$10.00 for members, \$15.00 for non-members

Appreciating Each Child's Uniqueness

Each of our children has qualities that make him or her special and different from all other children. Learn ways to identify your child's temperament, maturity level, the developmental tasks they are working to accomplish, and many other factors that make your child who he is.

Wednesday, February 21

7:00 to 9:00 p.m.

at The Center for Parenting Education, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

March 2007

Limit Setting: Skills for Dealing With Young Children

It seems to happen overnight: your sweet, cuddly baby becomes an active toddler and a tyrant. Learn approaches to handle your toddler's need to be independent and your need to keep a semblance of order in your home.

Fridays, March 16 and 23

9:30 to 11:30 a.m.

at The Center for Parenting Education, Abington, PA

Fee: \$20.00 for members, \$30.00 for non-members

Turning Down the Heat in Your Home: How to Keep From Boiling Over With Anger

Anger is a frightening and yet inevitable emotion experienced by both parent and child. Learn how to handle anger in healthy ways that preserve your child's and your self-esteem and that maintain and build a positive relationship between you as you are confronted with the challenges of parenting.

Tuesday, March 20

7:00 to 9:00 p.m.

at Highland Elementary School, 1301 Edge Hill Road, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

April 2007

Turning Conflicts into Cooperation – Steps in Problem Exploration

Explore how you can use problem exploration as a way to help your children see themselves as part of the solutions to challenges in the home rather than as part of the problem. This empowering tool can be used in conflicts between you and your children and you can also teach your children to use it when resolving conflicts with siblings and peers.

Tuesday, April 10

7:00 to 9:00 p.m.

at Overlook Elementary School, 1750 Edge Hill Road, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

When Your Toddler Erupts – Tackling Temper Tantrums

Temper tantrums seem to be a rite of passage for toddlers, but they confront parents with many challenges and frustrations. Parents are often unprepared for the strong feelings that are generated (both in the child and the parent) and lack skills to manage the tantrums in a way that preserves the child's self-esteem and their relationship with their child. In this workshop, parents learn why children have tantrums and the skills necessary to handle them.

Monday, April 23

9:30 to 11:30 a.m.

at The Center for Parenting Education, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

May 2007

Parenting the Temperamentally Challenging Child

Anyone with a temperamentally challenging child may face many struggles. Learn the traits that identify the challenging child and specific approaches that will keep your head above water through some pretty rough seas.

Wednesday, May 9

7:00 to 9:00 p.m.

at The Center for Parenting Education, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

Toilet Learning

Somewhere between two and four, children and their parents go through the process of learning to use the potty. This can be an easy experience for parents and children if they know what to expect. Learn ways to avoid power plays and make this time a smooth transition from diapers to big kid pants.

Monday, May 14

9:30 to 11:30 a.m.

at The Center for Parenting Education, Abington, PA

Fee: \$10.00 for members, \$15.00 for non-members

Discussion/Support Groups

Play `n Share

The following sessions are being offered during the winter and spring:

Session 1 - Winter

Dates: Tuesdays, January 9 through March 27 (12-week session)

Times: 9:30 to 10:30 a.m. - Toddlers

11:00 a.m. to 12:00 p.m. - Infants

Fee: \$36.00 for members, \$72.00 for non-members

Pre-registration is required!

Registration for members will begin December 5.

Registration for non-members will begin December 19.

Session 2 - Spring

Dates: April 17 through June 5 (8-week session)

Times: 9:30 to 10:30 a.m. - Toddlers

11:00 a.m. to 12:00 p.m. - Infants

Fee: \$24.00 for members, \$48.00 for non-members

Pre-registration is required!

Registration for members will begin February 27.

Registration for non-members will begin March 5.

All groups are held at The Center for Parenting Education, Abington, PA.

New Mother/New Baby Group

Friday, January 19

10:00 to 11:30 a.m.

And

Friday, May 18

10:00 to 11:30 a.m.

at The Center for Parenting Education, Abington, PA

This program is being offered free of charge. Pre-registration is requested.

Single Parents' Discussion Group **New Program**

Single parents find themselves not only having to fill many parenting roles, but also having to be parenting all the time, with very few breaks. This can be isolating and exhausting because there is little opportunity to talk with other single parents.

Join this 3 session discussion group for single parents with children of any age. Here you will meet other single parents, gain perspective, and get advice and support from others.

Tuesdays, February 27, March 27 and April 24
7:00 – 8:30 PM
at The Center for Parenting Education, Abington, PA
Fee: \$25 for all 3 sessions; \$10 per individual session

Parent/Child Activities

Toddler Activity Time

Parents and their children, ages 2 to 3 ½, are invited to join us for a fun-filled hour of stories, crafts and songs.

Winter Sessions – 8 Weeks

Session 1 begins on Wednesday, January 17

Time: 9:45 to 10:45 a.m.

Session 2 begins on Wednesday, January 17

Time: 11:15 a.m. to 12:15 p.m.

Session 3 begins on Thursday, January 18

Time: 9:45 to 10:45 a.m.

Session 4 begins on Thursday, January 18

Time: 11:00 to 12:00 noon

Registration for the Winter sessions begins on December 1 for members and December 15 for non-members.

Spring Sessions – 8 Weeks

Session 5 begins on Wednesday, March 28

Time: 9:45 to 10:45 a.m.

Session 6 begins on Wednesday, March 28

Time: 11:15 a.m. to 12:15 p.m.

Session 7 begins on Thursday, March 29

Time: 9:45 to 10:45 a.m.

Session 8 begins on Thursday, March 29

Time: 11:00 to 12:00 noon

Registration for the Spring sessions begins on March 1 for members and March 15 for non-members.

All classes are held at The Center for Parenting Education, Abington, PA

Fee: \$72.00 for members and \$88.00 for non-members

Personal Parenting Coaching

One hour sessions are scheduled with a certified Parenting Educator who can support and guide you as you learn about healthy ways to parent and to communicate more effectively with your children. Often, two to three sessions are enough to give you the support and information you need.

Cost: \$50.00 per session for members of The Parenting Center; \$60.00 for non-member

Please contact The Center for Parenting Education at 215-576-0586 to schedule personal parenting coaching sessions.

Specialty Programs

NEW PROGRAM

Parent to Parent: Family Training on AD/HD®

Do you or a family member suffer from AD/HD?

Do you want to learn more about AD/HD?

If you answered YES to both questions, you are invited to attend:

A Multi-Session, Interactive and Educational Program for Adults and Parents of Children and Adolescents with AD/HD

This workshop series will provide educational information and support for individuals and families who are dealing with AD/HD and are learning to navigate the challenges of AD/HD across the lifespan. This unique program will include seven, two-hour interactive sessions.

Mondays, February 5 to March 26 (No class March 5)

7:00 to 9:00 p.m.

at The Center for Parenting Education, Abington, PA

Fee: \$70.00 for members, \$95.00 for non-members (Plus a \$45.00 materials fee)

Registration Deadline : January 22

Special Program

Join Dr. Joel Schwartz, Child Psychiatrist and Chief of Psychiatry at Abington Memorial Hospital as he discusses his new book:

Noses are Red

How to Nurture Your Child's Sense of Humor

Humor is a way for parents to build their own and their children's self-esteem and it can help all family members socially, intellectually, physically and emotionally.

Learn about using humor as a parenting tool to see the funny perspective on life and to teach your children to use humor so that they flourish both at home and at school.

Thursday, March 29

7:00 to 8:30 p.m.

At the Lenfest Pavilion, Classrooms 1 & 2, Abington Memorial Hospital, Abington, PA

Free of charge

Please RSVP to Community Health Services at Abington Memorial Hospital

215-481-2204

Co-sponsored by Abington Memorial Hospital and The Parenting Center at Abington



The Center for Parenting Education
Offering Education, Support and Connections Other Parents
Registration Information

How to Register

Registration and payments can be made by completing the form below, or by calling us at 215-576-0586.

Please make checks payable to The Center for Parenting Education. Registration forms and payment should be mailed to The Center for Parenting Education, 1130 Old York Road, Abington, PA 19001.

General Information

Fee waivers are available for any individuals who need them. Couples signing up for the same program receive a 50% discount for their partner. In the event of inclement weather, The Center for Parenting Education will cancel programs when the Abington School District schools are closed or open late. (KYW number 301 or TV cable channel 43)

Ways to Help

Membership: A yearly family membership of \$45 provides you with a great way to help support and stay connected with The Center for Parenting Education. Benefits include discounted fees on our programs, priority registration, our newsletters and use of our Lending Library.

The United Way: The Parenting Center at Abington is a participant of the United Way Donor Option Program.

Please consider directing your next contribution to The Parenting Center at Abington. Please specify our name and code number (12752) when you complete your donor option card.

Donor Tributes: Mark any lifecycle event with a donation to The Parenting Center. A personalized tribute card will be sent to the honoree and/or family.

Escrip Program: Sign up today by going to www.escrip.com and entering our Group ID# 149538559.

Registration Form

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

PROGRAM/DATE	AMOUNT	TOTAL
Please sign me up for Membership	\$45 per year	
Donation*	<i>Please specify amount</i>	
	SUM TOTAL	

**The Parenting Center at Abington is a 501(c)(3) not-for profit. Donations are tax deductible and greatly appreciated.*