

Family & Children's Services

PARENTING, MARRIAGE & RELATIONSHIP CLASSES



Life Changing.



At Family & Children's Services,
you'll find positive solutions
to life's most difficult challenges.

Our classes will help you learn
effective strategies, acquire new
skills and develop techniques to
improve parenting and relationships.

Scholarship funding is available.

PARENTING CLASSES

ACTIVE PARENTING: THE FIRST FIVE YEARS

Mondays, 6-7:30 p.m. (Four Sessions)

Becoming a parent is a life-changing event,
and life as a parent keeps changing too. This four-
week program:

- » Covers the first five years of parenting,
from birth up to age 5
- » Contains a session dedicated to school
readiness and parent engagement
- » Includes topics about temperament,
mindfulness, brain development, self-
calming and special needs

*Fee: \$20 session / \$5 each additional family member;
\$20 book optional*

ACTIVE PARENTING NOW

Tuesdays, 6-8 p.m. (Six Sessions)

Good family relationships and lots of positive
attention are just what your child needs to learn
and grow. In this six-week program, parents of
5 to 12 year olds learn:

- » How to build cooperation
- » Effective discipline
- » Logical consequences
- » How to teach responsibility

*Fee: \$20 session / \$5 each additional family member;
\$20 book optional*



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ACTIVE PARENTING OF TEENS

Call or check website for dates. *(Six Sessions)*

Home life and family relationships are still the biggest influences on a teen's development. In this six-week program, parents of teens 13 and older learn about:

- » Teens and technology
- » The latest in teen drug use prevention
- » Teen bullying
- » How brain development affects teen behavior and decision making
- » Discipline and communication
- » Teen sexuality issues

Fee: \$20 session / \$5 each additional family member; \$20 book optional

ACTIVE PARENTING FOR STEPFAMILIES

Call or check website for dates. *(Six Sessions)*

When a stepfamily is formed, everyone needs to build good relationships with new family members. In this six-week class, parents learn:

- » Realistic expectations and problem solving
- » Relationship-building skills
- » Effective communication tools
- » How to merge values and cultures
- » How to handle kids who live in two households

Fee: \$20 per session / \$25 per session for two; \$20 book optional

ADHD PARENT COACHING

Call or check website for dates. *(Six Sessions)*

If distraction typically rules your home, learn how to create an environment conducive to peaceful family life. In this six-week class, we'll coach you on helping your 5-12 year old learn to:

- » Keep attention focused on tasks
- » Get organized at home and school
- » Play or work well with others and alone
- » Focus on behavior and thoughts

Fee: \$20 per session / \$25 per session for two; \$20 book optional

BABY CARE

Call or check website for dates. *(Six Sessions)*

In this three-week class, expecting parents and parents of newborns learn how to respond to infant needs and create a healthy and nurturing environment. Bring your infant and join other parents as you also learn to:

- » Show bonding behaviors (touch and talk)
- » Understand infant development
- » Demonstrate age appropriate stimulations
- » Differentiate the five core infant emotions
- » Practice positive parenting with infants

Fee: \$20 per session / \$25 per session for two; \$20 book optional

GRANDPARENTS RAISING GRANDCHILDREN

Call or check website for dates. *(Three Sessions)*

We address both grandparents who are daytime caregivers and grandparents who are taking over as the primary parent for their grandchildren.

You'll learn:

- » Communication principles for all ages
- » Positive parenting techniques
- » How to avoid conflicts over childrearing
- » Practices in self-care

Fee: \$20 per session / \$25 per session for two



COOPERATIVE PARENTING AND DIVORCE

Mondays, 6–8 p.m. *(Six Sessions)*

Your relationship with your partner may have ended, but it's in your children's best interests for you to both be involved in their lives. In this six-week class, either one or both parents learn how to:

- » Make a commitment to caring
- » Allow children to love both parents
- » Manage anger
- » Take control of conflict
- » Negotiate agreements
- » Cooperate because co-parenting is forever

*Fee: \$20 per session / \$25 per session for two:
\$20 book optional*

FOCUS ON FAMILY: SURVIVING HIGH CONFLICT

Call or check website for dates. *(Two Sessions)*

This interactive web-based program will teach you how to handle high conflict situations with your co-parent by:

- » Learning conflict resolution skills
- » Improving communication
- » Letting go of the past relationship
- » Keeping the focus on the kids

Fee: \$20 per session

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RELATIONSHIP CLASS

WITHIN MY REACH

Call or check website for dates. *(Five Sessions)*

We believe that great relationships can be learned and enhanced. In this interactive, free workshop, you and your partner will learn how to:

- » Manage conflict
- » Maintain the fun and friendship
- » Tap into the power of your couple identity
- » Communicate effectively

Fee: No cost

REGISTRATION

For all classes EXCEPT Within My Reach: Please arrive 30 minutes prior to your first class to register.

SCHOLARSHIP FUNDING

Scholarship funding is available on a limited basis for all classes. Please provide proof of income, such as your food stamp, supplemental security income (SSI) or disability card.



WE CAN COME TO YOU.

We hold workshops and classes for parent groups, schools, agencies and other organizations throughout the Tulsa area. For more information, call 918.560.1114.

Family & Children's Services complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

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