

The following are “quick topics” designed to provide bite sized information for parents on the go. The curriculum is provided by Training on Prevention Services (TOPS) and The National Parent Academy (NPA), a service organization providing training and prevention services since 2005. The trainers are curriculum-certified trainers and educators, counselors and life coaches skilled in conveying parent information, support and resources to help parents attain their goals.



All sessions are free and open to the public but registration is required. Please call the Office of Lifelong Learning at 734.384.4127 to register and secure your spot.

Please join us for an enjoyable evening that will focus on very timely topics for all parents. Let us help you navigate through the issues of life and provide some reassurance that you are not alone.

These classes are ideal for day care providers, educators or anyone else involved with family life education.

The Great Balancing Act - Parenting and Work

In today's society, the norm is both parents working outside the home. This class will address the new value system in accordance with the changes in society and evaluate the priorities necessary to have a healthy balance between work and home life. We will explore problem solving alternatives for shared responsibility and skills for coping with stress. CEUs: .2

CHILD 748-81

FREE

Wednesday Sep. 20
6 - 8:30 p.m. Z 258 Staff

The Cycle of Life - Helping Children Cope with Change

Change and loss are inevitable and a natural part of life. Often, parents are not able to help their child navigate the various stages of dealing with loss. This class will give insight on how children experience AND respond to loss and change. It offers parents tools on how to nurture through the various stages of grief, while remaining emotionally healthy as well. CEUs: .2

CHILD 742-81

FREE

Wednesday Oct. 18
6 - 8:30 p.m. Z 258 Staff

Navigating the Digital Age-Developing Digital Responsibility

Changes in the digital arena are happening faster than parents can keep up. It seems everything is focused on social media. This very important class will prepare parents for their child's use of technology, enlighten them on potential dangers of the Internet and social media, and most importantly, provide them with tools to keep their children safe and emotionally healthy. CEUs: .2

CHILD 744-81

FREE

Wednesday Nov. 15
6 - 8:30 p.m. Z 258 Staff

Not On My Watch - Preventing Youth Substance Abuse

This class will address the messages that kids receive as they watch adults use alcohol and other substances to celebrate successes and cope with failures. We will address family attitudes regarding drinking, drugs and smoking and the factors that cause children to be attracted to them. Although a parent cannot guarantee their child does not use drugs, we will provide tips on how you can be a major influence on their ability to say no. CEUs: .2

CHILD 747-81

FREE

Wednesday Dec. 6
6 - 8:30 p.m. Z 258 Staff