

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 and The National Parent Academy, 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.



Can You Hear Me Now...

This course is designed to strengthen family communication and parenting outcomes. It will provide a framework for effective communication leading to positive parent child interactions, as well as academic and social success. It will also assist parents in a communication style that minimizes conflict and enhances parental satisfaction. Topics include identifying family communication patterns; developing digital responsibility; expressing and communicating feelings and emotions; helping children manage and resolve conflict peaceably, and motivating your children to achieve success. CEUs: .2

CHILD 729-81

Free
 Tuesday Oct. 23
 6 - 8 p.m. C 225 Staff

Balancing Parenting and a Career

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
 Tuesday Sep. 18
 6 - 8 p.m. C 225 Staff

Helping Children Learn How to Handle Competition

"But I Want to Win!!!"

Parents will learn how competition develops in children and develop a better understanding of both the positive and negative aspects of competition. Parents will also learn ways to help children handle competition in a healthy way – using it to assist them in effectively achieving goals, without anxiety. We will also discuss ways to channel competitive attributes to create positive outcomes for themselves and others. CEUs: .2

CHILD 749-81

Free
 Tuesday Nov. 20
 6 - 8 p.m. C 225 Staff

NEW!

Parenting the Second Time Around: Grandparents Rearing Grandchildren

Come re-discover the joy of parenting a second time, or assist other second time parents in discovering strategies to: increase confidence in effectively parenting a changing generation; increase understanding of grandchildren and the challenges they face, and understand factors affecting a child's behavior and development. CEUs: .2

CHILD 758-81

Free
 Tuesday Dec. 4
 6 - 8 p.m. C 225 Staff