

# FAMILY LIFE EDUCATION

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.



## Creative and Effective Discipline Techniques

Testing limits is a natural phase of childhood development. Many times parents mistake this for unruly behavior. This class will help parents understand this phase and offer solutions to navigate through conflict and resolutions. This class is sure to offer more peaceful and happy home environments. CEUs: .2

**CHILD 746-81** ❄️

Free  
Wednesday Feb. 15  
6 – 8 p.m. Z 257 Staff

## Do You Know You are Beautiful?

*Building Self-esteem Within the Family*

This course focuses on child rearing techniques that build confidence and self-esteem; the qualities needed to ensure academic and social success. It will help parents accomplish the following: raise children with self-confidence, know and value the child as an individual, encourage children’s growth in social skills and help children make healthy choices. CEUs: .2

**CHILD 730-81** ❄️

Free  
Wednesday Mar. 15  
6 – 8 p.m. Z 257 Staff

**NEW!**

## Helping Children Learn to Make Healthy Choices

This class helps parents grow in their understanding and awareness of the variety of influences impacting a child's decision making. It explores the stages of moral development and identifies the steps for decision making. The goal of this class is to help parents assist and encourage children in responsible decision making, leading to successful outcomes. CEUs: .2

**CHILD 756-81** ❄️

Free  
Wednesday Apr. 12  
6 – 8 p.m. Z 257 Staff

**NEW!**

## Helping Children Handle Peer Pressure

This class will encourage parents to look at how they handle peer pressure in their adult lives and the modeling it provides. The class will reflect on the positive and negative impact of peer pressure, as well as help parents understand the dynamics of peer pressure on children today. Additionally, the class will explore the characteristics which make some children more susceptible to peer pressure, as well as characteristics of families that would cause children to confront and overcome negative pressure....a critical skill in today's world. CEUs: .2

**CHILD 757-81** ❄️

Free  
Wednesday May 10  
6 – 8 p.m. Z 257 Staff