

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.



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 Jan. 31 6 - 8 p.m. Z 258 Staff

Parenting From a Distance

Connection with our children cannot always take place face to face. This class will challenge the “traditional” method of parenting. We will explore how separation affects children and effective methods to nurture and foster the parent-child relationship from a distance. Practical tips are given to strengthen the relationship between the parent and child and the parent and the other childcare provider. CEUs: .2

CHILD 743-81 ❄️

Free Wednesday Feb. 21 6 - 8 p.m. Z 258 Staff

Do You Know You are Beautiful?

Building and Nurturing Self-esteem in Children

This course focuses on child rearing techniques that build confidence and self-esteem as well as identify 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. 28 6 - 8 p.m. Z 258 Staff

The Golden Rule - Teaching Children Kindness and Respect for Other Children

Parents and caregivers are the greatest teachers. This class will help to recognize how parents give shape to their children’s moral behavior and will explore the stages of moral character development. We will address the signs of arrested moral development and offer techniques for developing kindness, respect and alternatives to the pressure of our culture to be less kind and respectful. CEUs: .2

CHILD 745-81 ❄️

Free Wednesday Apr. 25 6 - 8 p.m. Z 258 Staff

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 May 23 6 - 8 p.m. Z 258 Staff