



MONROE COUNTY
COMMUNITY COLLEGE

enriching lives

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Press Release

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FOR IMMEDIATE RELEASE

MCCC OFFERS FREE FAMILY-LIFE EDUCATION COURSES FOR PARENTS

MONROE, Mich. – Monroe County Community College’s Office of Lifelong Learning is offering six free family-life education courses designed to provide “bite-sized” information for parents on topics such as stress management, the role of parental authority, emotional and physical health of parents, strengthening family communication, bullying and building self-esteem.

The curriculum is provided by 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.

Below is a summary of each course.

- **Feb 19:** *“Feeling Frazzled,” 6-8 p.m., La-Z-Boy Center, Main Campus Room 260.* This class will provide helpful hints on dealing with stress and ways to navigate successfully. Among the topics covered will be self-esteem and self-concept and how they impact our levels of stress, as well as how parents can help children handle stress.

(more)

- **Feb 27:** *“Parenting on Purpose,” 6-8 p.m., Whitman Center, Temperance, Room 9.* This course will help parents understand their role as the authority in their child’s life and how their personal authority can influence a child to desire and attain successful outcomes throughout his or her life. Topics include establishing authority as a parent, choosing effective discipline techniques, encouraging motivation in children and understanding how parenting patterns in the early years set a course for the future.
- **March 19:** *“The Healthy Parent,” 6-8 p.m., La-Z-Boy Center, Room 260.* Research shows that children are emotionally and physically healthy when their parents are emotionally and physically healthy. This class will help participants discover how to identify and develop their own strengths as parents and learn how the family system influences individual members, as well as develop skills for building on family strengths.
- **March 27:** *“Can You Hear Me Now...” 6-8 p.m., Whitman Center, Temperance, Room 9.* This course is designed to strengthen family communication and parenting outcomes. It will provide a framework for effective communication that leads to positive parent child interactions, as well as academic and social success. It will also assist parents in developing 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.

(more)

- April 16: *“Bullying,” 6-8 p.m., La-Z-Boy Center, Room 260.* Bullies have always been a part of society. Now more than ever we need to recognize it, understand it and address the issue. This class will distinguish between childish play and abuse, common forms of abuse (not just the obvious but the secretive and passive forms), the profile of a bully, common threads in bullies, profiles of victims and determining signs of victimization.
- **March 27:** *“Do You Know You are Beautiful? Building Self-esteem Within the Family,” 6-8 p.m., Whitman Center, Temperance, Room 9.* This course focuses on child rearing techniques that build confidence and self-esteem and the qualities needed to ensure academic and social success. It will help parents in accomplishing the following: raising children with self-confidence, knowing and valuing the child as an individual, encouraging children’s growth in social skills and helping children make healthy choices.

Although the sessions are free and open to the public, those who wish to attend must call the Office of Lifelong Learning at (734) 384-4127 to register.

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