

Exchange Club CAP Center's Positive Parenting Group Calendar

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Substance Abuse & Parenting	3 Child Development / Age Appropriate Expectations	4	5 Bess(10am) -Prom Self-Esteem in Children DH (1pm) -Anger Management for	6	7 Substance Abuse Prevention
8	9 Child Abuse Awareness: What Is Child Abuse?	10 Communicating With Your Children	11	12 Bess (10am) - Problem Solving, Decision Making ... DH (1pm) -Child Abuse Awareness SBS	13	14 Living with ADHD <i>PPG Workshop (\$25/3credits)-Co-Parenting 101&102</i>
15	16 Family Nutrition	17 Discipline vs. Punishment	18	19 Bess(10am) -Healthy Kids DH (1pm) -Stress Management For	20	21 Respecting Differences
22	23 Helping Your Child Develop Empathy	24 Setting Limits/Family Rules	25	26 Bess (10am) -Safety in the Home DH (1pm) -Man. Stress in Children	27	28 Peer Pressure
29	30 Parenting Styles	31 Anger Management for Children		“Bess” = Bessemer “DH”= Don Hawkins		

Exchange Club CAP Center, 2300 10th Court South, Birmingham, AL35205
Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); **Tuesday:** MLK Receptions Center (noon – 1pm);
Thursday: Don Hawkins (1-2pm); **Friday:** Lawson State CC- Center for Community Development Bessemer (10-11am);
Saturday: Exchange Club CAP Center (10-11a,)



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August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Bess(10am) - Child Abuse Awareness: CHIPS Clinic DH (1pm) - Meeting Your Child's Needs	3	4 Money Management
5	6 Child Development / Age Appropriate Expectations	7 Anger Management for Children	8	9 Bess (10 am) - Substance Abuse Prevention DH (1pm) -Promoting	10	11 Open Discussion
12	13 Communicating with Your Children	14 Child Abuse Awareness: Shaken Baby Syndrome	15	16 Problem Solving, Decision Making, Negotiation & Compromise	17 Living with ADHD	18 Sarrell Dental: Protecting Your Child's Smile PPG Workshop (\$25/3credits)- The LBGTQ Family
19	20 Discipline vs Punishment	21 Stress Management for Parents	22	23 Healthy Kids	24 Respecting Differences	25 Substance Abuse and Parenting
26	27 Setting Limits/Family Rules	28 Managing Stress in Children	28	31 Safety in the Home	31 Peer Pressure	

******Please note from the beginning of June – August 10, 2018 Friday Bessemer Classes will be held on Thursday, same location, same time!!! Bessemer Classes return to Fridays on August 17******

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September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 No Group
2	3 Labor Day No Group	4 Meeting Your Child's Needs	5	6 Child Abuse Awareness: Sexual Abuse Prevention – CHIPS Clinic	7 Money Management	8 Safety Fair Location TBA No Group
9	10 Anger Management for Children	11 Promoting Self Esteem in Children	12	13 Substance Abuse Prevention	14 Open Discussion	15 Helping Your Child Develop Empathy PPG Workshop (\$25/3credits)- The Power of Play
16	17 Child Abuse Awareness: Shaken Baby Syndrome	18 Problem Solving, Decision Making, Negotiation & Compromise	19	20 Living with ADHD	21 Sarrell Dental- Protecting Your Child's Smile	22 Parenting Styles
23	24 Stress Management for Parents	25 Healthy Kids	26	27 Respecting Differences	28 Substance Abuse and Parenting	29 Child Development / Age Appropriate Expectations

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October 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Managing Stress in Children	2 Safety in the Home	3	4 Respecting Differences	5 Child Abuse Awareness: What is Child Abuse?	6 Communicating with Your Children
7	8 Meeting Your Child's Needs	9 Child Abuse Awareness: Sexual Abuse Prevention- CHIPS Clinic	10	11 Peer Pressure	12 Family Nutrition	13 Discipline vs Punishment
14	15 Promoting Self Esteem in Children	16 Substance Abuse Prevention	17	18 Money Management	19 Helping Your Child Develop Empathy	20 <i>Setting Limits/Family Rules PPG Workshop (\$25/3credits)- Family Traditions</i>
21	22 Problem Solving, Decision Making, Negotiation & Compromise	23 Living with ADHD	24	25 Open Discussion	26 Parenting Styles	27 Anger Management for Parents
28	29 Healthy Kids	30 Respecting Differences	31			

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November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sarrell Dental- Protecting Your Child's Smile	2 Child Development/A ge Appropriate Expectations	3 Anger Management for Children
4	5 Safety in the Home	6 Peer Pressure	7	8 Substance Abuse and Parenting	9 Communicati ng with Your Children	10 Child Abuse Awareness: Shaken Baby Syndrome
11	12 Veteran's Day No Group	13 Money Management	14	15 Child Abuse Awareness: What is Child Abuse?	16 Discipline vs Punishment	17 Stress Management for Parents
18	19 Substance Abuse Prevention	20 Open Discussion	21	22 Thanksgiving No Group	23 No Group	24 No Group
25	26 Living with ADHD	27 Sarrell Dental- Protecting Your Child's Smile	28	29 Helping Your Child Develop Empathy	30 Anger Management for Parents	

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December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Meeting Your Child's Needs
2	3 Respecting Differences	4 Substance Abuse and Parenting	5	6 Parenting Styles	7 Anger Management for Children	8 Promoting Self Esteem in Children
9	10 Peer Pressure	11 Child Abuse Awareness: What is Child Abuse?	12	13 Child Development / Age Appropriate Expectations	14 No Group	15 No Group
16	17 No Group	18 No Group	19	20 No Group	21 No Group	22 No Group
23	24 No Group	25 Christmas No Group	26	27 No Group	28 No Group	29 No Group
30	31 New Year's Eve No Group					

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2019 Calendar to be released in Oct 2018

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