

**Exchange Club CAP Center's
Positive Parenting Group Calendar**

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Safety in the home	3 Positive Discipline/ Alternatives to Spanking	4 Communicating with your children
5	6 Child Abuse Awareness: Shaken Baby Syndrome	7 Problem Solving, decision making, negotiation and compromise	8	9 Sarrell Dental- Protecting Your Child's Smile	10 NO GROUP	11 Veterans Day NO GROUP
12	13 Stress Management for Parents	14 Positive Discipline/ Alternatives to Spanking	15	16 Children & Substance Abuse	17 Problem Solving, decision making, negotiation and compromise	18 Discipline vs. Punishment
19	20 Managing Stress in Children	21 Safety in the home	22	23 Thanksgiving Day NO GROUP	24 NO GROUP	25 NO GROUP
26	27 Meeting your child's needs	28 Shelby-Child Abuse Awareness: Sexual Abuse Preven. Chips Clinic ECCAPC- Money Management	29	30 Living with ADHD		

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

Monday's: Smithfield Library (11am-12pm); **Tuesday's:** Shelby County DHR (10-11am) & Exchange Club CAP Center (6:30-7:30pm);
Thursday's: Don Hawkins (1-2pm); **Friday's:** Lawson State CC- Center for Community Development Bessemer (10-11am);
Saturday's: Bham Library-Central (10-11am)



**Exchange Club CAP Center's
Positive Parenting Group Calendar**

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Open discussion	2 Discipline: Setting Limits/ Family Rules
3	4 Promoting self- esteem in children	5 Children & Substance Abuse	6	7 Open discussion	8 Living with ADHD	9 Anger Management for Parents
10	11 Problem Solving, decision making, negotiation and compromise	12 Living with ADHD	13	14 Child Abuse Awareness: Sexual Abuse Prevention- Chips Clinic	15 NO GROUP	16 NO GROUP
17	18 NO GROUP	19 NO GROUP	20	21 NO GROUP	22 NO GROUP	23 NO GROUP
24	25 Christmas NO GROUP	26 NO GROUP	27	28 NO GROUP	29 NO GROUP	30 NO GROUP
31						

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