

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

### January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>NO GROUP</b>	1 New Year's Day <b>NO GROUP</b>	2 <b>OFFICE CLOSED</b>	3 Child Abuse Awareness: Shaken Baby Syndrome	4 Problem Solving, Decision Making, Negotiation & Compromise	5 Living with ADHD
6	7 Family Nutrition	8 Discipline vs. Punishment	9 PPG Graduation Celebration	10 Stress Management for parents	11 Healthy Kids	12 Respecting Differences
13	14 MLK Day <b>NO GROUP</b>	15 Community Resources	16	17 Setting Limits/Family Rules	18 Managing Stress in Children	19 Safety in the Home <i>PPG Workshop (\$25/3credits)- Safe Kids for Parents</i>
21	20 Peer Pressure	22 Parenting Styles	23	24 Anger Management for Parents	25 Meeting Your and Your Child's Needs	26 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic
	27 Money Management	28 Child Development / Age Appropriate Expectations	29	30 Anger Management for Children		

Office (205) 801-5151 Fax (205) 801-6040

Monday: Smithfield Library (11am-12pm); Tuesday: MLK Rec. Center (12 – 1);

Thursday: Don Hawkins (1-2pm); Friday: Lawson State CC- Center for Community Development Bessemer (10-11am);

Saturday: Exchange Club CAP Center (10-11am)

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### February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Substance Abuse Prevention	2 Open Discussion
3	4 Communicating with Your Child	5 Child Abuse Awareness: Shaken Baby Syndrome	6 PPG Graduation Celebration	7 Problem Solving, Decision Making & Compromise	8 Living with ADHD	9 Community Resources
10	11 Discipline vs. Punishment	12 Stress Management for Parents	13	14 Healthy Kids	15 Respecting Differences	16 Substance Abuse&Parenting <i>PPG Workshop (\$25/3credits)- - Healthy Relationships</i>
17	18 President's Day  <b>NO GROUP</b>	19 Managing Stress in Children	20	21 Safety in the Home	22 Peer Pressure	23 Child Abuse Awareness: What is Child Abuse?
24	25 Promoting Self Esteem in Children	26 Anger Management for Parents	27	28 Meeting Your Child's Needs		

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<b>March 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>  Money Management	<b>2</b>  Family Nutrition
<b>3</b>	<b>4</b> Anger Management in Children	<b>5</b> Promoting Self Esteem in Children	<b>6</b> PPG Graduation Celebration	<b>7</b> Substance Abuse Prevention	<b>8</b> Open Discussion	<b>9</b> Helping Your Child Develop Empathy
<b>10</b>	<b>11</b> Child Abuse Awareness: Shaken Baby Syndrome	<b>12</b> Problem Solving, Decision Making, Negotiation & Compromise	<b>13</b>	<b>14</b> Living with ADHD	<b>15</b> Your Child's Dental Health	<b>16</b> Parenting Styles <b>(\$25/3credits)- Separation, Visitation, Reunification</b>
<b>17</b>	<b>18</b> Stress Management for Parents	<b>19</b> Healthy Kids	<b>20</b>	<b>21</b> Respecting Differences	<b>22</b> Substance Abuse and Parenting	<b>23</b> Child Development / Age Appropriate Expectations
<b>24</b>  <b>31</b>	<b>25</b> Managing Stress in Children	<b>26</b> Safety in the Home	<b>27</b>	<b>28</b> Peer Pressure	<b>29</b> Good Friday  <b>NO GROUP</b>	<b>30</b>  <b>NO GROUP</b>

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### April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday  <b>NO GROUP</b>	2 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic	3 PPG Graduation Celebration	4 Money Management	5 Family Nutrition	6 Discipline vs. Punishment
7	8 Promoting Self Esteem in Children	9 Substance Abuse Prevention	10	11 Open Discussion	12 Helping Your Child Develop Empathy	13 <b>NO GROUP</b> Pinwheels for Prevention Benefit Ride
14	15 Problem Solving, Decision Making, Negotiation & Compromise	16 Living With ADHD	17	18 Your Child's Dental Health	19 Parenting Styles	20 Anger Management for Parents
21	22 Healthy Kids	23 Respecting Differences	24	25 Substance Abuse and Parenting	26 Child Development/Age Appropriate Expectations	27 Anger Management for Children
28	29 Safety in the Home	30 Peer Pressure				

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### May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PPG Graduation Celebration	2 Community Resources	3 Communicating with Your Children	4 Child Abuse Awareness: Shaken Baby Syndrome
5	6 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic	7 Money Management	8	9 Child Abuse Awareness: What is Child Abuse?	10 Discipline vs. Punishment	11 Stress Management for Parents
12	13 Substance Abuse Prevention	14 Open Discussion	15	16 Family Nutrition	17 Setting Limits/Family Rules	18 Managing Stress in Children  (\$25/3credits)- Bullying
19	20 Living with ADHD	21 Your Child's Dental Health	22	23 Helping Your Child Develop Empathy	24 Anger Management for Parents	25  <b>NO GROUP</b>
26	27 Memorial Day  <b>NO GROUP</b>	28 Substance Abuse and Parenting	29	30 Parenting Styles	31 Open Discussion	

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### June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Please note from the beginning of June – August 9, 2019 Friday Bessemer Classes will be held on Thursday, same location, same time!!!</b>						<b>1</b>  <b>Promoting Self Esteem in Children</b>
<b>2</b>	<b>3</b>  <b>Peer Pressure</b>	<b>4</b>  <b>Community Resources</b>	<b>5</b>  <b>PPG Graduation Celebration</b>	<b>6</b> Bess.- Child Abuse Awareness: SBS DH-Discipline vs Punishment	<b>7</b>	<b>8</b> Problem Solving, Decision Making, Negotiating & Compromise
<b>9</b>	<b>10</b>  <b>Money Management</b>	<b>11</b>  <b>Family Nutrition</b>	<b>12</b>	<b>13</b> Bess-Stress Man. for Parents DH-Setting Limits/Family Rules	<b>14</b>	<b>15</b> Healthy Kids  <b>PPG Workshop(\$25/3 credits)-Internet Safety</b>
<b>16</b>	<b>17</b>  <b>Open Discussion</b>	<b>18</b>  <b>Helping Your Child Develop Empathy</b>	<b>19</b>	<b>20</b> Bess- Managing Stress in Children  DH- Anger Man. for Parents	<b>21</b>	<b>22</b>  <b>Safety in the Home</b>
<b>23</b>  <b>31</b>	<b>24</b>  <b>Your Child's Dental Health</b>	<b>25</b>  <b>Parenting Styles</b>	<b>26</b>	<b>27</b> Bess-Meeting Your & Your Child's Needs  DH- Anger Management for Children	<b>28</b>	<b>29</b> Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic

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