

# 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	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 Peer Pressure	15 Community Resources	16	17 Setting Limits/Family Rules	18 Managing Stress in Children	19 Safety in the Home <b>PPG Workshop (\$25/3credits)- Safe Kids for Parents</b>
20	21 MLK Day <b>NO GROUP</b>	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	28 Money Management	29 Child Development / Age Appropriate Expectations	30	31 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 <b>PPG Workshop</b> <b>(\$25/3credits)--</b> <b>Healthy</b> <b>Relationships</b>
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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### March 2019

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

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## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Promoting Self Esteem in Children	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	9 Substance Abuse Prevention	10	11 Open Discussion	12 Helping Your Child Develop Empathy	13 NO GROUP 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 Awareness: Sexual Abuse Prevention-CHIPS Clinic	6 Child Abuse	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>						
2	3	4	5	6	7	8
	Peer Pressure	Community Resources	PPG Graduation Celebration	6 Bess- Child Abuse Awareness: SBS DH-Discipline vs Punishment		1 Promoting Self Esteem in Children
9	10	11	12	13	14	15
	Money Management	Family Nutrition		13 Bess-Stress Man. for Parents DH-Setting Limits/Family Rules		15 Healthy Kids PPG Workshop(\$25/3 credits)-Internet Safety
16	17	18	19	20	21	22
	Open Discussion	Helping Your Child Develop Empathy		20 Bess- Managing Stress in Children DH- Anger Man. for Parents		22 Safety in the Home
23	24	25	26	27	28	29
	Your Child's Dental Health	Parenting Styles		27 Bess-Meeting Your & Your Child's Needs DH- Anger Management for Children		29 Child Abuse Awareness: Sexual Abuse Prevention-CHIPS Clinic
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