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| **January 2023** | | | | | | | | | | | | | | |
| **Sunday** | **Monday** | | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | |
| **1**  **Happy New Year!** | **2**  **Office Closed**  **No Group** | | | **3**  **No Group** | | **4** | | **5 Stress Management for Parents** | | **6**  **Protective Factors** | | **7**  **Respecting Differences** | | |
| **8** | **9**  **Peer Pressure** | | | **10**  **Community Resources** | | **11** | | **12**  **Setting Limits/Family Rules** | | **13**  **Managing Stress in Children** | | **14**  **Safety in the Home** | | |
| **15** | **Text  Description automatically generated16**  **NO GROUP** | | | **17**  **Parenting Styles** | | **18** | | **19**  **Anger Management for Parents** | | **20**  **Meeting Your and Your Child’s Needs** | | **21 Child Abuse Awareness: Sexual Abuse Prevention** | | |
| **22** | **23**  **Money Management** | | | **24**  **Child Development / Age-Appropriate Expectations** | | **25** | | **26**  **Anger Management for Children** | | **27**  **Substance Abuse Prevention** | | **28**  **Open Discussion** | | |
| **29** | **30**  **Communicating with Your Child** | | | **31**  **Child Abuse Awareness: Shaken Baby Syndrome** | |  | |  | |  | |  | | |
| **February 2023** | | | | | | | | | | | | | | |
| **Sunday** | **Monday** | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | |
|  | **Jan 30**  **Communicating with Your Child** | | **Jan 31**  **Child Abuse Awareness: Shaken Baby Syndrome** | | | **1** | | **2 Problem Solving, Decision Making & Compromise** | | **3**  **Living with ADHD** | | **4**  **Community Resources** | | |
| **5** | **6**  **Discipline vs. Punishment** | | **7**  **Stress Management for Parents** | | | **8** | | **9**  **Healthy Kids** | | **10**  **Respecting Differences** | | **11**  **Substance Abuse & Parenting** | | |
| **Shape  Description automatically generated with medium confidence12** | 13  **Promoting Self Esteem in Children** | | **14**  **Managing Stress in Children** | | | **15** | | **16**  **Safety in the Home** | | **17**  **Peer Pressure** | | **18 Child Abuse Awareness: What is Child Abuse?** | | |
| **19** | **A picture containing diagram  Description automatically generated20**  **NO GROUP** | | **21**  **Anger Management for Parents** | | | **22** | | **23**  **Meeting Your Child's Needs** | | **24**  **Money Management** | | **25**  **Family Nutrition** | | |
| **26** | **27**  **Anger Management for Children** | | **28**  **Promoting Self Esteem in Children** | | |  | |  | |  | |  | | |
| **March 2023** | | | | | | | | | | | | | | |
| **Sunday** | **Monday** | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | |
|  |  | |  | | | **1** | | **2 Substance Abuse Prevention** | | **3**  **Open Discussion** | | **4**  **Helping Your Child Develop Empathy** | | |
| **5** | **6 Child Abuse Awareness: Shaken Baby Syndrome** | | **7 Problem Solving, Decision Making, Negotiation & Compromise** | | | **8** | | **9**  **Living with ADHD** | | **10**  **Four Elements of Connection** | | **11**  **Parenting Styles** | | |
| **12** | **13**  **Stress Management for Parents** | | **14**  **Healthy Kids** | | | **15** | | **16**  **Respecting Differences** | | **17**  **Substance Abuse and Parenting** | | **18**  **Child Development / Age-Appropriate Expectations** | | |
| **19** | **20**  **Managing Stress in Children** | | **21**  **Safety in the Home** | | | **22** | | **23**  **Peer Pressure** | | **24**  **Community Resources** | | **25**  **Communicating with Your Children** | | |
| **26** | **27**  **Protective Factors** | | **28 Child Abuse Awareness: Sexual Abuse Prevention** | | | **29 30 31**  **Money**  **Management Family Nutrition** | | | | | | | | |
| **April 2023** | | | | | | | | | | | | | | |
| **Sunday** | **Monday** | | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | |
|  | **Shape  Description automatically generated with medium confidence** | |  | | |  | | **March 30**  **Money Management** | | **March 31**  **Family Nutrition** | | **1**  **Discipline vs. Punishment** | | |
| **2** | **3**  **Promoting Self Esteem in Children** | | **4**  **Substance Abuse Prevention** | | | **5** | | **6**  **Open Discussion** | | **7 Helping Your Child Develop Empathy** | | **8**  **Setting Limits/Family Rules** | | |
| **9** | **10 Problem Solving, Decision Making, Negotiation & Compromise** | | **11**  **Living With ADHD** | | | **12** | | **13**  **Four Elements of Connection** | | **14**  **Parenting Styles** | | **15**  **Anger Management for Parents** | | |
| **16** | **17**  **Healthy Kids** | | **18**  **Respecting Differences** | | | **19** | | **20 Substance Abuse and Parenting** | | **21 Child Development/Age-Appropriate Expectations** | | **22**  **Anger Management for Children** | | |
| **23** | **24**  **Safety in the Home** | | **25**  **Peer Pressure** | | | **26** | | **27**  **Community Resources** | | **28**  **Communicating with Your Children** | | **29**  **Protective Factors** | | |
| **30** |  | |  | | |  | |  | |  | |  | | |
| **May 2023** | | | | | | | | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | | |
|  | **1 Child Abuse Awareness: Sexual Abuse Prevention** | **2**  **Money Management** | | | **3** | | **4 Child Abuse Awareness: What is Child Abuse?** | | **5**  **Discipline vs. Punishment** | | **6**  **Stress Management for Parents** | | |
| Diagram  Description automatically generated with medium confidence**7** | **8**  **Substance Abuse Prevention** | **9**  **Open Discussion** | | | **10** | | **11**  **Family Nutrition** | | **12 Setting Limits/Family Rules** | | **13**  **Managing Stress in Children** | | |
| **14**  **Mother’s Day** | **15**  **Living with ADHD** | **16**  **Four Elements of Connection** | | | **17** | | **18** **Helping Your Child Develop Empathy** | | **19 Anger Management for Parents** | | **20**  **Promoting Self Esteem in Children** | | |
| **21** | **22**  **Peer Pressure** | **23**  **Substance Abuse and Parenting** | | | **24** | | **25**  **Parenting Styles** | | **26**  **Open Discussion** | | **27**  **NO GROUP** | |
| **28** | **A picture containing logo  Description automatically generated30**  **NO GROUP** | **30**  **Community Resources** | | | **31** | |  | |  | |  | |

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| **June 2023** | | | | | | | | | | | |
| **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | **Saturday** |
|  | |  | | **May 30**  **Community Resources** | | **May 31** | | **1**  **Child Abuse Aware: SBS** | | **2**  **Discipline vs Punishment** | **3 Problem Solving, Decision Making, Negotiating & Compromise** |
| **4** | | **5**  **The Importance of Reading Aloud to your Children** | | **6**  **Family Nutrition** | | **7 Child Abuse Awareness; What is Child Abuse** | | **8**  **Stress Management for Parents** | | **9**  **Setting Limits/Family Rules** | **10 Healthy Kids** |
| **11** | | **12**  **Open Discussion** | | **13**  **Protective Factors** | | **14**  **Helping Your Child Develop Empathy** | | **15**  **Managing Stress in Children** | | **16**  **Anger Management for Parents** | **17 Safety in the Home** |
| **18**  **Father’s Day** | | **19**  **No Class**  **In observance of Juneteenth** | | **20**  **Parenting Styles** | | **21**  **Digital Safety** | | **22**  **Meeting Your & Your Child’s Needs** | | **23**  **Anger Management for Children** | **24**  **Child Abuse Awareness: Sexual Abuse Prevention** |
| **25** | | **26**  **Substance Abuse & Parenting** | | **27 Child Development & Age-Appropriate Expectations** | | **28**  **Safe Sleep** | | **29**  **Promoting Self Esteem** | | **30**  **Open Discussion** |  |
| **July 2023** | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|  | |  | |  | |  | |  | |  | | **1**  **Substance Abuse Prevention** | |
| **2** | | **3**  **Community Resources** | | **A picture containing logo  Description automatically generated4**  Closed/No Group | | **5**  **The Importance of Reading Aloud** | | **6**  **Problem Solving, Decision Making, Negotiation & Compromise** | | **7**  **Child Abuse Awareness: SBS** | | **8**  **Living with ADHD** | |
| **9** | | **10**  **Child Abuse Awareness: What Is Child Abuse?** | | **11**  **Discipline vs Punishment** | | **12**  **Anger Management for Parents** | | **13**  **Healthy Kids** | | **14**  **Stress Management for Parents** | | **15**  **Respecting Differences** | |
| **16** | | **17**  **Family Nutrition** | | **18**  **Anger Management for Children** | | **19**  **Digital Safety** | | **20**  **Safety in Home** | | **21 Stress Management for Children** | | **22**  **Peer Pressure** | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **23**  **30** | **24**  **Parenting Styles**  **31 Child**  **Develop. /Age-App. Expectation** | **25**  **Child Abuse Awareness: Shaken Baby Syndrome** | **26**  **Safe Sleep** | **27**  **Child Abuse Awareness: CHIPS Clinic** | **28**  **Meet Your & Your Child’s Needs** | **29**  **Open Discussion** | | | | | | | | | | | | | | |



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| **August 2023** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | **1**  **Stress Management for Parents** | **2**  **Protective Factors** | **3**  **Substance**  **Abuse Prevention** | **4**  **Promoting Self-Esteem in Children** | **5**  **Money Management** |
| **6** | **7**  **Communicating with Your Children** | **8**  **Managing Stress in Children** | **9**  **Substance Abuse and Parenting** | **10**  **Problem Solving, Decision Making, Negotiation & Compromise** | **11**  **Living With ADHD** | **12**  **Four Elements of Connection** |
| **13** | **14**  **Discipline vs Punishment** | **15**  **Meeting Your & Your Child’s Needs** | **16**  **Open Discussion** | **17**  **Healthy Kids** | **18**  **Respecting Differences** | **19**  **Community Resources** |
| **20** | **21**  **Setting Limits/Family Rules** | **22**  **Promoting Self Esteem in Children** | **23**  **The Importance of Reading Aloud** | **24**  **Safety in the Home** | **25**  **Peer Pressure** | **26**  **Helping Your Child**  **Develop Empathy** |
| **27** | **28**  **Anger Management for Parents** | **29 Problem Solving,**  **Decision Making,**  **Negotiation &**  **Compromise** | **30**  **Digital Safety** | **31**  **Child Abuse Awareness: Sexual Abuse Prevention** |  |  |

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| **September 2023** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | **1**  **Money Management** | **2**  **NO GROUP** |
| **3** | **4**  **Labor Day**  **NO GROUP** | **5**  **Healthy Kids** | **6**  **Safe Sleep** | **7**  **Substance Abuse Prevention** | **8**  **Open Discussion** | **9 Child**  **Development/Age-Appropriate Expectations** |
| **10** | **11**  **Child Abuse Awareness: Shaken Baby Syndrome** | **12**  **Safety in the Home** | **13**  **Problem Solving, Decision Making …** | **14**  **Living with ADHD** | **15**  **Four Elements of Connection** | **16**  **The Importance of Reading Aloud** |
| **17** | **18**  **Stress Management for Parents** | **19**  **Child Abuse**  **Awareness: Sexual Abuse Prevention-CHIPS** | **20**  **Anger Management for Parents** | **21**  **Respecting Differences** | **22**  **Substance Abuse and Parenting** | **23**  **Parenting Styles** |
| **24** | **25**  **Managing Stress in Children** | **26**  **Substance Abuse Prevention** | **27**  **Anger Management for Children** | **28**  **Community**  **Resources** | **29**  **Protective Factors** | **30**  **Communicating w/ Your Children** |

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| **October 2023** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **1** | **2**  **Meeting Your & Your Child’s Needs** | **3**  **Living with ADHD** | **4** | **5**  **Peer Pressure** | **6**  **Family Nutrition** | **7**  **Discipline vs Punishment** |
| **8** | **9**  **Promoting Self Esteem in Children** | **10**  **Respecting Differences** | **11** | **12**  **Money Management** | **13**  **Helping Your Child Develop Empathy** | **14**  **Setting**  **Limits/Family Rules** |
| **15** | **16 Problem**  **Solving, Decision Making, Negotiation& Compromise** | **17**  **Community Resources** | **18** | **19**  **Open Discussion** | **20**  **Parenting Styles** | **21**  **Anger Management for Parents** |
| **22** | **23**  **Healthy Kids** | **24**  **Promoting Self Esteem** | **25** | **26**  **Four Elements of Connection** | **27 Child**  **Development/Age-Appropriate Expectations** | **28**  **Anger Management for Children** |
| **29** | **30**  **Safety in the Home** | **31 Living with ADHD** |  |  |  |  |
| **November 2023** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | **1** | **2**  **Substance Abuse and Parenting** | **3**  **Communicating with Your Children** | **4**  **Child Abuse Awareness: Shaken Baby Syndrome** |
| **5** | **6**  **Protective Factors** | **7**  **Four Elements of Connection** | **8** | **9**  **Child Abuse Awareness: What is Child Abuse?** | **10**  **Discipline vs Punishment** | **11**  **Stress Management for Parents** |
| **12** | **13**  **Substance Abuse Prevention** | **14**  **Substance Abuse and Parenting** | **15** | **16**  **Helping Your Child Develop Empathy** | **17**  **Anger Management for Parents** | **18**  **Meeting Your Child’s Needs** |
| **19** | **20**  **Community Resources** | **21**  **Child Abuse Awareness: What is Child Abuse?** | **22**  **Office closed** | **23 NO GROUP**  A picture containing text, clipart  Description automatically generated | **24**  **NO GROUP** | **25**  **NO GROUP** |
| **26** | **27**  **Respecting Differences** | **28**  **Open Discussion** | **29** | **30**  **Parenting Styles** |  |  |
| **December 2023** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | **1**  **Anger Management for Children** | **2**  **Promoting Self Esteem in Children** |
| **3** | **4**  **Peer Pressure** | **5**  **Helping Your Child Develop Empathy** | **6** | **7 Child**  **Development/Age-Appropriate Expectations** | **8 Child Abuse Awareness: Shaken Baby Syndrome** | **9**  **Problem Solving, Negotiation and Compromise** |
| **10** | **11**  **Money Management** | **12**  **Communicating with Your Children** | **13** | **14**  **Family Traditions** | **15 Office closed**  **No Group** | **16 No Group** |
| **17** | **18 Office closed**  **No Group** | **19 Office closed**  **No Group** | **20 Office closed** | **21 Office closed**  **No Group** | **22 Office closed**  **No Group** | **23 No Group** |
| **24** | **25 Office closed**  **No Group** | **26 Office closed**  **No Group** | **27 Office closed** | **28 Office closed**  **No Group** | **29 Office closed**  **No Group** | **30 No Group** |
| **31**  **Happy New Year!** |  |  |  |  |  |  |