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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** |
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| **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!** |  |  |  |  |  |  |