


Exchange Club CAP Center's Positive Parenting Group Calendar

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	16  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				

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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
12	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	20 	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				


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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 Money Management	31 Family Nutrition	

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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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/A ge-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						

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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
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	30  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 11am & 6pm The Importance of Reading Aloud to your Children	6 12pm & 6pm Family Nutrition	7 8am & 4pm What is Child Abuse	8 1pm & 6pm Stress Management for Parents	9 10am Setting Limits/Family Rules	10 10am Healthy Kids
11	12 11am & 6pm Open Discussion	13 12pm & 6pm Protective Factors	14 8am & 4pm Helping Your Child Develop Empathy	15 1pm & 6pm Managing Stress in Children	16 10am Anger Management for Parents	17 10am Safety in the Home
18 Father's Day	19 No Class In observance of Juneteenth	20 12pm & 6pm Parenting Styles	21 8am & 4pm Digital Safety	22 1pm & 6pm Meeting Your & Your Child's Needs	23 10am Anger Management for Children	24 10am Child Abuse Awareness: Sexual Abuse Prevention
25	26 11am & 6pm Substance Abuse & Parenting	27 12pm & 6pm Development & Age-Appropriate Expectations	28 8am & 4pm Safe Sleep	29 1pm & 6pm Promoting Self Esteem	30 10am Open Discussion	July 1 Substance Abuse Prevention

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July 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Substance Abuse Prevention
2	3 11am & 6pm Community Resources	4  Closed/No Group	5 8am & 4pm The Importance of Reading Aloud	6 1pm & 6pm Problem Solving, Decision Making, Negotiation & Compromise	7 Child Abuse Awareness: SBS	8 Living with ADHD
9	10 11am & 6pm Child Abuse Awareness: What Is Child Abuse?	11 12am & 6pm Discipline vs Punishment	12 8am & 4pm Anger Management for Parents	13 1pm & 6pm Healthy Kids	14 Stress Management for Parents	15 Respecting Differences
16	17 11am & 6pm Family Nutrition	18 12am & 6pm Anger Management for Children	19 8am & 4pm Digital Safety	20 1pm & 6pm Safety in Home	21 Stress Management for Children	22 Peer Pressure
23	24 11am & 6pm Parenting Styles	25 12am & 6pm Child Abuse Awareness: Shaken Baby Syndrome	26 8am & 4pm Safe Sleep	27 1pm & 6pm Child Abuse Awareness: CHIPS Clinic	28 Meet Your & Your Child's Needs	29 Open Discussion
30	31 Child Develop. /Age- App. Expectation					

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August 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 11:00 & 6:00 Develop/Age-App. Expectations	1 Noon & 6:00 Stress Management for Parents	2 8:00am & 4:00 Protective Factors	3 1:00 & 6:00 Substance Abuse Prevention	4 10:00 am Promoting Self-Esteem in Children	5 10:00 am Money Management
6	7 11:00 & 6:00 Communicating with Your Children	8 Noon & 6:00 Managing Stress in Children	9 8:00am & 4:00 Substance Abuse and Parenting	10 1:00 & 6:00 Problem Solving, Decision Making, Negotiation & Compromise	11 10:00 am Living With ADHD	12 10:00 am Four Elements of Connection
13	14 11:00 & 6:00 Discipline vs Punishment	15 Noon & 6:00 Meeting Your & Your Child's Needs	16 8:00am & 4:00 Open Discussion	17 1:00 & 6:00 Healthy Kids	18 10:00 am Respecting Differences	19 10:00 am Community Resources
20	21 11:00 & 6:00 Setting Limits/Family Rules	22 Noon & 6:00 Promoting Self Esteem in Children	23 8:00am & 4:00 Importance of Reading Aloud	24 1:00 & 6:00 Safety in the Home	25 10:00 am Peer Pressure	26 10:00 am Helping Your Child Develop Empathy
27	28 11:00 & 6:00 Anger Management for Parents	29 Noon & 6:00 Problem Solving, Decision Making, Negotiation & Compromise	30 8:00am & 4:00 Digital Safety	31 1:00 & 6:00 Child Abuse Awareness: Sexual Abuse Prevention	Sept 1 Money Management	2 NO GROUP

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September 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				31 1:00 & 6:00 Child Abuse Awareness: Sexual Abuse Prevention	1 10:00 Money Management	2 NO GROUP
3	4 Labor Day NO GROUP	5 12:00 & 6:00 Healthy Kids	6 8:00 & 4:00 Safe Sleep	7 1:00 & 6:00 Substance Abuse Prevention	8 10:00 Open Discussion	9 10:00 Child Development/Age- Appropriate Expectations
10	11 11:00 & 6:00 Child Abuse Awareness: Shaken Baby Syndrome	12 12:00 & 6:00 Safety in the Home	13 8:00 & 4:00 Problem Solving, Decision Making ...	14 1:00 & 6:00 Living with ADHD	15 10:00 Four Elements of Connection	16 10:00 The Importance of Reading Aloud
17	18 11:00 & 6:00 Stress Management for Parents	19 12:00 & 6:00 Child Abuse Awareness: Sexual Abuse Prevention-	20 8:00 & 4:00 Anger Management for Parents	21 1:00 & 6:00 Respecting Differences	22 10:00 Substance Abuse and Parenting	23 10:00 Parenting Styles
24	25 11:00 & 6:00 Managing Stress in Children	26 12:00 & 6:00 Substance Abuse Prevention	27 8:00 & 4:00 Anger Management for Children	28 1:00 & 6:00 Community Resources	29 10:00 Protective Factors	30 10:00 Communicating w/ Your Children


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October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:00 Meeting Your & Your Child's Needs 6:00 Child Abuse Awareness: What is Child Abuse?	3 12:00 Living with ADHD 6:00 Family Nutrition	4 8:00am Protective Factors 10:00 Helping Your Child Develop Empathy 4:00 Parenting Styles 6:00 Child Dev/Age-appropriate Expectations	5 1:00 Peer Pressure 6:00 Communicating with Your Children	6 10:00 Family Nutrition 12:00 Open Discussion	7 10:00 Discipline vs Punishment
8	9 11:00 Promoting Self Esteem in Children 6:00 Setting Limits/Family Rules	10 12:00 Respecting Differences 6:00 Anger Man. for Parents	11 8:00am Sub. Abuse & Parenting 10:00 Anger Man. for Children 4:00 CAA: Shaken Baby Syn. 6:00 Stress Mangmt for Parents	12 1:00 Money Management 6:00 Managing Stress in Children	13 10:00 Helping Your Child Develop Empathy 12:00 Meet. Your & Your Child's Needs	14 10:00 Setting Limits/Family Rules
15	16 11:00 Problem Solving, Decision Making, Negot. & Compromise 6:00 Promoting Self-Esteem in Children	17 12:00 Community Resources 6:00 Problem Solving	18 8:00am Safe Sleep 10:00 Healthy Kids 4:00 Safety in the Home 6:00 Sexual Abuse Prevention-CHIPS Clinic	19 1:00 Open Discussion 6:00 Substance Abuse Prevention	20 10:00 Parenting Styles 12:00 Living with ADHD	21 10:00 Anger Management for Parents
22	23 11:00 Healthy Kids 6:00 Respecting Differences	24 12:00 Promoting Self Esteem 6:00 Peer Pressure	25 8:00am Imp. of Reading Aloud 10:00 Money Management 4:00 Open Discussion 6:00 CAA: What is Child Abuse?	26 1:00 Four Elements of Connection 6:00 Substance Abuse and Parenting	27 10:00 Child Dev/Age-App. Expectations 12:00 Community Resources	28 10:00 Anger Management for Children
29	30 11:00 Safety in the Home 6:00 Protective Factors	31 12:00 Living with ADHD 6:00 The Importance of Reading Aloud 				


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November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 Safe Sleep 10:00 Digital Safety 4:00 CAA: What is Child Abuse? 6:00 Family Nutrition	2 1:00 Substance Abuse and Parenting 6:00 Helping Your	3 10:00 Communicating with Your Children 12:00 Parenting Styles	4 10:00 Child Abuse Awareness: Shaken Baby Syndrome
5	6 11:00 Protective Factors 6:00 Child Devel/Age-App. Expectations	7 12:00 Four Elements of Connection 6:00 Communicating with Your Children	8 8:00 Discipline vs. Punishment 10:00 Setting Limits 4:00 Anger Manag. for Parents 6:00 Anger Management for Children	9 1:00 CAA: What is Child Abuse? 6:00 CAA: Shaken Baby Syndrome	10 10:00 Discipline vs Punishment 12:00 Open Discussion	11 10:00 Stress Management for Parents
12	13 11:00 Substance Abuse Prevention 6:00 Managing Stress in Children	14 12:00 Substance Abuse and Parenting 6:00 Meeting Your and Your Child's Needs	15 8:00 Promoting Self-Esteem in Children 10:00 Problem Solving 4:00 Healthy Kids 6:00 Safety in the Home	16 1:00 Helping Your Child Develop Empathy 6:00 Sexual Abuse Prevention-CHIPS	17 10:00 Anger Management for Parents 12:00 Substance Abuse Prevention	18 10:00 Meeting Your Child's Needs
19	20 11:00 Community Resources 6:00 Living with ADHD	21 12:00 CAA: What is Child Abuse? 6:00 Respecting Differences	22 Office closed	23 NO GROUP 	24 NO GROUP	25 NO GROUP
26	27 11:00 Respecting Differences 6:00 Peer Pressure	28 12:00 Open Discussion 6:00 Money Management	29 8:00 Open Discussion 10:00 Four Elements of Connection 4:00 Substance Abuse and Parenting 6:00 Community Resources	30 1:00 Parenting Styles 6:00 Protective Factors		

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December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Anger Mgmt for Children 11:20:00 The Importance of Reading Aloud	2 Promoting Self Esteem in Children
3	4 11:00 Peer Pressure 6:00 Safe Sleep	5 12:00 Helping Your Child Develop Empathy 6:00 Digital Safety	6 8:00 CAA: What is Child Abuse 10:00 Family Nutrition 4:00 Helping Your Child Develop Empathy 6:00 Parenting Styles	7 1:00 Child Dev. Age-App. Expectations 6:00 Communicating with Your Children	8 10:00 CAA: Shaken Baby Syndrome 12:00 Discipline vs. Punishment	9 Problem Solving, Negotiation and Compromise
10	11 11:00 Money Management 6:00 Setting Limits	12 12:00 Communicating with Your Children 6:00 Anger Management for Parents	13 8:00 Anger Management for Children 10:00 CAA: Shaken Baby Syndrome 4:00 Stress Mangmt. for Parents 6:00 Managing Stress in Children	14 1:00 Family Tradition 6:00 Meeting Your and Your Child's Needs	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!					

Exchange Club CAP Center's Positive Parenting Group Calendar

Office (205) 801-5151 Fax (205) 801-6040
Monday: (11am-12pm); Tuesday: (12 – 1);
Thursday: (1-2pm); Friday: (10-11am);
Saturday: (10-11am)