

# Exchange Club CAP Center's Positive Parenting Group Calendar

## January 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jan 1 Happy New Year! Office closed  <b>No Group</b>	Jan 2 <b>No Group</b>	Jan 3 <b>No Group</b>	4 1:00 Peer Pressure 6:00 Communicatin g with Your	5 10:00 Family Nutrition 12:00 Open Discussion	6 10:00 Discipline vs Punishment
7	8 11:00 Promoting Self Esteem in Children  6:00 Setting Limits/Family Rules	9 12:00 Respecting Differences  6:00 Anger Man. for	10 8:00am Sub. Abuse & Parenting 10:00 Anger Man. for Children 4:00 CAA: Shaken Baby Syn. 6:00 Stress Mgmt. for Parents	11 1:00 Money Management  6:00 Managing Stress in Children	12 10:00 Helping Your Child Develop Empathy  12:00 Meet. Your & Your Child's Needs	13 10:00 Setting Limits/Family Rules
14	15 MLK Day  <b>No Group</b>	16 12:00 Community Resources 6:00 Problem Solving	17 8:00am Safe Sleep 10:00 Healthy Kids 4:00 Safety in the Home 6:00 Sexual Abuse Prevention-CHIPS Clinic	18 1:00 Open Discussion  6:00 Substance Abuse	19 10:00 Parenting Styles  12:00 Living with ADHD	20 10:00 Anger Management for Parents
21	22 11:00 Healthy Kids  6:00 Respecting Differences	23 12:00 Promoting Self Esteem  6:00 Peer	24 8:00am Imp. of Reading Aloud 10:00 Money Mgmt 4:00 Open Discussion 6:00 CAA: What is Child Abuse?	25 1:00 Four Elements of Connection 6:00 Substance Abuse and Parenting	26 10:00 Child Dev/Age-App. Expectations 12:00 Community Resources	27 10:00 Anger Management for Children
28	29 11:00 Safety in the Home  6:00 Protective Factors	30 12:00 Living with ADHD 6:00 The Import. of Reading Aloud	31 8:00 Prot. Factors 10:00 Helping Your Child Devel Empathy 4:00 Parent. Styles 6:00 Child Development			

# Exchange Club CAP Center's Positive Parenting Group Calendar

## February 2024


Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1/29 11:00 <i>Safety in the Home</i>  6:00 <i>Protective Factors</i>	1/30 12:00 <i>Living with ADHD</i>  6:00 <i>The Import. of Reading Aloud</i>	1/31 8:00 <i>Prot. Factors</i> 10:00 <i>Helping Your Child Devel Empathy</i> 4:00 <i>Parent. Styles</i> 6:00 <i>Child Development</i>	1 1:00 Substance Abuse & Parent 6:00 <i>Helping Your Child</i>	2 10:00 <i>Communicating with Your Children</i> 12:00 <i>Parenting Styles</i>	3 10:00 Child Abuse Awareness: Shaken Baby Syndrome
4	5 11:00 <i>Protective Factors</i>  6:00 <i>Child Devel/Age-App. Expectations</i>	6 12:00 <i>Four Elements of Connection</i> 6:00 <i>Communicating with Your Children</i>	7 8am <i>Discipline vs. Punishment</i> 10:00 <i>Setting Limits</i> 4:00 <i>Anger Mgmt for Parents</i> 6:00 <i>Anger Mgmt for Children</i>	8 1:00 CAA: <i>What is Child Abuse?</i>  6:00 CAA: <i>Shaken Baby Syndrome</i>	9 10:00 <i>Safety in the Home</i>  12:00 <i>Protective Factors</i>	10 10:00 <i>Living with ADHD</i>
11	12 11:00 <i>Substance Abuse Prevention</i>  6:00 <i>Managing Stress in Children</i>	13 12:00 <i>Substance Abuse and Parenting</i> 6:00 <i>Meeting Your and Your Child's Needs</i>	14 8:00 <i>Promoting Self-Esteem in Children</i> 10:00 <i>Problem Solving</i> 4:00 <i>Healthy Kids</i> 6:00 <i>Safety in the Home</i>	15 1:00 <i>Helping Your Child Devel. Empathy</i> 6:00 <i>Sexual Abuse Prev.</i>	16 10:00 <i>Anger Management for Parents</i> 12:00 <i>Substance Abuse Prevention</i>	17 10:00 <i>Meeting Your Child's Needs</i>
18	19 <i>President's Day</i>  <b>No Group</b>	20 12:00 <i>Sexual Abuse Prevention-CHIPS</i> 6:00 <i>Respecting Differences</i>	21 8:00 <i>Safe Sleep</i> 10:00 <i>Digital Safety</i> 4:00 CAA: <i>What is Child Abuse?</i> 6:00 <i>Family Nutrition</i>	22 1:00 <i>Living w/ADHD</i> 6:00 <i>The Importance of</i>	23 10:00 <i>Safety in the Home</i>  12:00 <i>Protective Factors</i>	24 10:00 <i>Promoting Self Esteem in Children</i>
25	26 11:00 <i>Respecting Differences</i>  6:00 <i>Peer Pressure</i>	27 12:00 <i>Open Discussion</i>  6:00 <i>Money Mgmt</i>	28 8am <i>Open Disc.</i> 10:00 <i>Four Elements of Connection</i> 4:00 <i>Sub. Abuse and Parenting</i> 6:00 <i>Com. Resources</i>	29 1:00 <i>Parenting Styles</i>  6:00 <i>Protective Factors</i>	March 1 10:00 <i>Anger Mgmt. for Children</i>  12:00 <i>The Imp. of Reading Aloud</i>	March 2 10:00 <i>Open Discussion</i>

# Exchange Club CAP Center's Positive Parenting Group Calendar


<b>March 2024</b>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				29 1:00 Parent. Styles 6:00 Protect. Factors	1 10:00 Anger Mgmt. for Children 12:00 The Import of Reading Aloud	2 10:00 Open Discussion
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 What is Child Ab. 10:00 Family Nutrition 4:00 Sexual Abuse Prevention-CHIPS 6:00 Parenting Styles	7 1:00 Child Dev. Age-App. Expectations 6:00 Comm. with Your Children	8 10:00 CAA: Shaken Baby Syndrome 12:00 Discipline vs. Punishment	9 10:00 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 Mgmt for Parents	13 8:00 Anger Mgmt for Children 10:00 Shaken Baby Syn 4:00 Stress Mgmt. for Parents 6:00 Man. Stress in Children	14 1:00 Family Tradition 6:00 Meeting Your and Your Child's Needs	15 10:00 Parenting Styles 12:00 Living with ADHD	16 10:00 Anger Management for Parents
17	18 11:00 Promoting Self Esteem 6:00 Peer Pressure	19 12:00 Four Elements of Connection 6:00 Substance Abuse and Parenting	20 8:00am Imp. of Reading Aloud 10:00 Money Mgmt 4:00 Open Discussion 6:00 CAA: What is Child Abuse?	21 1:00 Child Dev/Age-App. Expectations 6:00 Community Resources	22 10:00 Anger Management for Children 12:00 Respecting Differences	23 10:00 Healthy Kids
24  31	25 11:00 Living with ADHD 6:00 The Importance of Reading Aloud	26 12:00 Healthy Kids 6:00 Respecting Differences	27 8:00 Prot. Factors 10:00 Helping Your Child Devel Empathy 4:00 Parent. Styles 6:00 Child Development	28 1:00 Safety in the Home 6:00 Protective Factors	29 <b>Closed for Good Friday</b>  <b>No Groups</b>	30 11:00 Safety in the Home

# Exchange Club CAP Center's Positive Parenting Group Calendar

## April 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 11am What is Child Abuse</b>  <b>6pm Family Nutrition</b>	<b>2 12noon Helping Your Child Develop Empathy</b>  <b>6pm Parenting Styles</b>	<b>3 8am Child Dev. &amp; Age App Expectations</b> <b>10am Communication</b> <b>4pm Discipline vs Punishment</b> <b>6pm Setting Limits</b>	<b>4 1pm Anger Management for Parents</b> <b>6pm Anger Man. For Children</b>	<b>5 10am Shaken Baby Syndrome</b>  <b>12 noon Stress Management for Parents</b>	<b>6 10am Managing Stress in Children</b>
7	<b>8 11am Meeting Your &amp; Your Child's Needs</b>  <b>6pm Promoting Self Esteem</b>	<b>9 12noon Problem Solving</b>  <b>6pm Healthy Kids</b>	<b>10 8am Safety in the Home</b>  <b>10am CHIPS Clinic: Sexual Abuse Prevention</b>  <b>4pm Substance Abuse Preven</b> <b>6pm Living With ADHD</b>	<b>11 1pm Respecting Differences</b>  <b>6pm Peer Press</b>	<b>12 10am Money Management</b>  <b>12 noon Open Discussion</b>	<b>13 10am Four Elements of Connection</b>  <b>11am Kite 4 Kids</b>
14	<b>15 11am Substance Abuse &amp; Parenting</b>  <b>6pm Community Resources</b>	<b>16 12noon Protective Factors</b>  <b>6pm The Importance of Reading Aloud</b>	<b>17 8am Safe Sleep</b>  <b>10 am Digital Safety</b>  <b>4pm What is Child Abuse</b>  <b>6pm Family Nutrition</b>	<b>18 1pm Helping Your Child Devel. Empathy</b>  <b>6pm Parenting Styles</b>	<b>19 10am Child Development &amp; Age App Expectations</b>  <b>12noon Communication</b>	<b>20 10am Discipline vs Punishment</b>
21	<b>22 11am Setting Limits</b>  <b>6pm Anger Management for Parents</b>	<b>23 12noon Anger Management for Children</b>  <b>6pm Shaken Baby Syndrome</b>	<b>24 8am Stress Man. For Parents</b>  <b>10am Manag. Stress in Child.</b>  <b>4pm Meeting Your/Your Child's Needs</b>  <b>6pm Promoting Self Esteem</b>	<b>25 1pm Problem Solving</b>  <b>6pm Healthy Kids</b>	<b>26 10am Safety in the Home</b>  <b>12noon CHIPS Clinic: Sexual Abuse Prev.</b>	<b>27 10am Substance Abuse Prevention</b>

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

<b>May 2023</b>						
Sun	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 <b>NO GROUP</b>
28	30  <b>NO GROUP</b>	30 Community Resources	31			

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

### 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 <b>No Class</b> 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

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

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

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

<h1 style="margin: 0;">August 2023</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> 11:00 & 6:00 <b>Develop/Age- App. Expectations</b>	<b>1 Noon &amp; 6:00</b>  <b>Stress Management for Parents</b>	<b>2</b> 8:00am & 4:00 <b>Protective Factors</b>	<b>3</b> 1:00 & 6:00 <b>Substance Abuse Prevention</b>	<b>4</b> 10:00 am <b>Promoting Self- Esteem in Children</b>	<b>5</b>  <b>10:00 am Money Management</b>
<b>6</b>	<b>7 11:00 &amp; 6:00</b> <b>Communicating with Your Children</b>	<b>8 Noon &amp; 6:00</b> <b>Managing Stress in Children</b>	<b>9</b> 8:00am & 4:00 <b>Substance Abuse and Parenting</b>	<b>10 1:00 &amp; 6:00</b> <b>Problem Solving, Decision Making, Negotiation &amp; Compromise</b>	<b>11 10:00 am</b> <b>Living With ADHD</b>	<b>12 10:00 am</b> <b>Four Elements of Connection</b>
<b>13</b>	<b>14 11:00 &amp; 6:00</b> <b>Discipline vs Punishment</b>	<b>15 Noon &amp; 6:00</b> <b>Meeting Your &amp; Your Child's Needs</b>	<b>16</b> 8:00am & 4:00 <b>Open Discussion</b>	<b>17 1:00 &amp; 6:00</b>  <b>Healthy Kids</b>	<b>18 10:00 am</b> <b>Respecting Differences</b>	<b>19 10:00 am</b> <b>Community Resources</b>
<b>20</b>	<b>21 11:00 &amp; 6:00</b> <b>Setting Limits/Family Rules</b>	<b>22 Noon &amp; 6:00</b> <b>Promoting Self Esteem in Children</b>	<b>23</b> 8:00am & 4:00 <b>Importance of Reading Aloud</b>	<b>24 1:00 &amp; 6:00</b> <b>Safety in the Home</b>	<b>25 10:00 am</b> <b>Peer Pressure</b>	<b>26 10:00 am</b> <b>Helping Your Child Develop Empathy</b>
<b>27</b>	<b>28 11:00 &amp; 6:00</b> <b>Anger Management for Parents</b>	<b>29 Noon &amp; 6:00</b> <b>Problem Solving, Decision Making, Negotiation &amp; Compromise</b>	<b>30</b> 8:00am & 4:00 <b>Digital Safety</b>	<b>31 1:00 &amp; 6:00</b> <b>Child Abuse Awareness: Sexual Abuse Prevention</b>	<b>Sept 1</b> <b>Money Management</b>	<b>2</b> <b>NO GROUP</b>




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

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


# Exchange Club CAP Center's Positive Parenting Group Calendar

## 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 				


# Exchange Club CAP Center's Positive Parenting Group Calendar

## November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>30 11:00</b> <b>Safety in the Home</b>  <b>6:00 Protective</b> <b>Factors</b>	<b>31 12:00</b> <b>Living with ADHD</b>  <b>6:00 The Importance</b> <b>of Reading Aloud</b>	<b>1 8:00 Safe Sleep</b> <b>10:00 Digital Safety</b> <b>4:00 CAA: What is Child Abuse?</b> <b>6:00 Family Nutrition</b>	<b>2 1:00 Substance</b> <b>Abuse and</b> <b>Parenting</b> <b>6:00 Helping Your</b> <b>Child Develop</b> <b>Empathy</b>	<b>3 10:00</b> <b>Communicating with</b> <b>Your Children</b> <b>12:00 Parenting</b> <b>Styles</b>	<b>4 10:00</b> <b>Child Abuse Awareness:</b> <b>Shaken Baby Syndrome</b>
5	<b>6 11:00 Protective</b> <b>Factors</b>  <b>6:00 Child Devel/Age-</b> <b>App. Expectations</b>	<b>7 12:00 Four</b> <b>Elements of</b> <b>Connection</b> <b>6:00 Communicating</b> <b>with Your Children</b>	<b>8 8:00 Discipline vs. Punishment</b> <b>10:00 Setting Limits</b> <b>4:00 Anger Manag. for Parents</b> <b>6:00 Anger Management for</b> <b>Children</b>	<b>9 1:00 CAA: What</b> <b>is Child Abuse?</b>  <b>6:00 CAA: Shaken</b> <b>Baby Syndrome</b>	<b>10</b> <b>Veteran's Day</b> <b>Observed</b> <b>NO GROUP</b>	<b>11 10:00</b> <b>Veteran's Day</b>  <b>NO GROUP</b>
12	<b>13 11:00 Substance</b> <b>Abuse Prevention</b>  <b>6:00 Managing Stress</b> <b>in Children</b>	<b>14 12:00 Substance</b> <b>Abuse and Parenting</b>  <b>6:00 Meeting Your</b> <b>and Your Child's</b> <b>Needs</b>	<b>15 8:00 Promoting Self-Esteem in</b> <b>Children</b> <b>10:00 Problem Solving</b> <b>4:00 Healthy Kids</b> <b>6:00 Safety in the Home</b>	<b>16 1:00 Helping</b> <b>Your Child Develop</b> <b>Empathy</b>  <b>6:00 Sexual Abuse</b> <b>Prevention-CHIPS</b>	<b>17 10:00 Anger</b> <b>Management for</b> <b>Parents</b> <b>12:00 Substance</b> <b>Abuse Prevention</b>	<b>18 10:00</b> <b>Meeting Your Child's</b> <b>Needs</b>
19	<b>20 11:00 Community</b> <b>Resources</b>  <b>6:00 Living with</b> <b>ADHD</b>	<b>21 12:00 CAA: What</b> <b>is Child Abuse?</b>  <b>6:00 Respecting</b> <b>Differences</b>	<b>22</b>  <b>Office closed</b>  <b>NO GROUP</b>	<b>23 NO GROUP</b>  	<b>24</b>  <b>NO GROUP</b>	<b>25</b>  <b>NO GROUP</b>
26	<b>27 11:00 Respecting</b> <b>Differences</b>  <b>6:00 Peer Pressure</b>	<b>28 12:00 Open</b> <b>Discussion</b>  <b>6:00 Money</b> <b>Management</b>	<b>29 8:00 Open Discussion</b> <b>10:00 Four Elements of</b> <b>Connection</b> <b>4:00 Substance Abuse and</b> <b>Parenting</b> <b>6:00 Community Resources</b>	<b>30 1:00 Parenting</b> <b>Styles</b>  <b>6:00 Protective</b> <b>Factors</b>	<b>1 10:00 Anger Mgmt.</b> <b>for Children</b>  <b>12:00 The</b> <b>Importance of</b> <b>Reading Aloud</b>	<b>2 10:00</b> <b>Promoting Self Esteem</b> <b>in Children</b>

# Exchange Club CAP Center's Positive Parenting Group Calendar

## December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Anger Mgmt. for Children 12:00 The Importance of Reading Aloud	2 10:00 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 10:00 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 Mgmt. 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 <b>No Group</b>	16 <b>No Group</b>
17	18 Office closed <b>No Group</b>	19 Office closed <b>No Group</b>	20 Office closed <b>No Group</b>	21 Office closed <b>No Group</b>	22 Office closed <b>No Group</b>	23 <b>No Group</b>
24	25 Office closed <b>No Group</b> 	26 Office closed <b>No Group</b>	27 Office closed <b>No Group</b>	28 Office closed <b>No Group</b>	29 Office closed <b>No Group</b>	30 <b>No Group</b>
31	Jan 1 Happy New Year! Office closed <b>No Group</b>	Jan 2 <b>No Group</b>	Jan 3 <b>No Group</b>	January 4 <b>Classes Resume</b>		