

## **Practical Parent Education**

**Contact Person:** Susan Ginn, Director of Prevention/Education  
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**Place:** Family Support Services  
1001 S. Polk  
Amarillo, Texas 79101

**Time:** Monday Nights 6:15–7:45 (ongoing every Monday)

### **Curriculum Topics:**

1. Understanding your role as a parent
2. Developing Trust within families
3. Communicating within families
4. Building self esteem within families
5. Understanding parenting and power
6. Accepting and growing through natural transitions in the life cycle
7. Accepting and growing through unexpected transitions in the life cycle
8. Role playing and problem solving
9. Family violence and the after effects
10. Stress management and handling peer pressure

Alternate topics added in response to particular participant needs

### **Certificates of Completion:**

Participants receive a Certificate of Completion upon attending and participating in 10 sessions. Any outstanding balance must be paid to FSS before certificates are issued.

Class fees are determined on a sliding scale based on annual income.

**Please call if you would like more information.**