

## Healthy Start Parenting Education - Nurture Families Supporting Children and Families



### Positive Parenting Class

**Focus:** Help parents with skills that help support the family unit, decrease conflict and stress, improve communication, and sensitivities for self-care and sensitivities to a child's best interest.

**Class Description:** Classes use PractitionerPro® curriculum developed by Martha Watson, Ph.D., CAMS- II. The programs feature activities to foster positive parenting skills with nurturing behaviors that promote self-regulation, stress management, anger management, communication skills development, and mindful parenting, creating healthy social relationships and family behaviors. Improve relationships, reduce anger, anxiety, and stress, defuse conflicts, and build empathy.

**Language:** English

**Classes Include:** Attendees will leave with a list of a smartphone, digital device ready resources for personal use: Guided Imagery Audios, Deep Relaxation Music, Meditation Videos, (3) Workbooks: Anger Management, Stress, and Assertiveness. Diaphragmatic breathing coaching. Classes are fun, hands-on activity exercises and support

**Delivery:** Web-based learning and Telephone or Webcam Instructional Coaching.

**Class Schedule:** Contact Insight Therapies for registration scheduling (814) 622-5338 or visit our web site at [www.ErieCountyParentingClasses.com](http://www.ErieCountyParentingClasses.com)

**Cost: XXX, 5--6 week, XXX, 13-week \*sliding scale XXX \* 13-week required for anger management and interpersonal skill development.**

**Contact:** 814-662-5338.