

Parenting with Love and Limits

A family-based intervention program for families with teen exhibiting limit-testing behaviors.

Dates: TBD
Location: Bacon Street
Contact: Ron Jackson at 757-253-0111 or rjackson@tni.net

Parenting the First Year

Babies don't come with instruction manuals! That's why Extension is offering for new (or experienced) parents, as well as caregivers, an opportunity to receive this newsletter—"Parenting the First Year". This publication is sent monthly throughout the entire first year and provides practical parenting information.

Parenting the Second and Third Year

Being a parent gets more exciting as your toddler learns to talk, play with you and others, and make decisions and Extension is offering you an opportunity to continue learning about your child through a newsletter series called "Parenting the Second and Third Years".

Responsive Discipline

A free online course for parents of children of any age that provides tools for guiding and nurturing children from early childhood to adolescence. The 9 lessons allow you to complete them at your own pace. The program was developed by Chuck Smith, Extension Specialist from Kansas State University. Go to this web site—www.ext.vt.edu (Click on local "Extension Office", click on "James City County", click on "Links to other sites", and then under Responsive Discipline click on "Register for On-line Course". If you don't have a personal computer, you may wish to visit your local public library.

Family FUNdamentals

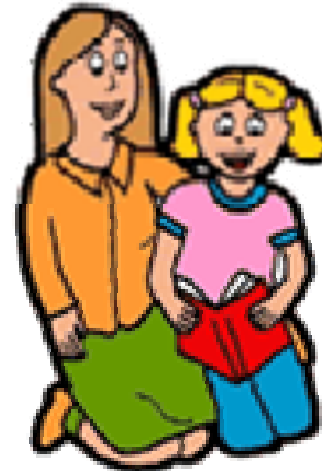
Families, individuals, and youth are constantly faced with a multitude of challenges and transitions that place a great demand on their lives and their resources. Many families find themselves struggling to find the time, money, or energy to meet all of their members' needs and demands. Starting **April 1st** is an opportunity to receive a series of free monthly newsletters filled with information to help families meet the challenges of today's changing world. Some of the topics include "Get Out of Hock & Conquer Credit Card Debt", "Living in Blended Families", "The Role of the Father in the Family" and much more.

For any of the above materials, please contact **Virginia Cooperative Extension** at 564-2170 or email dheath@vt.edu to get on the mailing lists.

PARENTING PROGRAMS

Sponsored by
The Greater Williamsburg Parent Educators

Summer-Fall 2007



Agencies and Organizations

Family Focus:

(Williamsburg) 566-9777

(Grafton) 898-2945

Family Focus is a program of

Colonial Services Board

Parenting classes are supported

by a grant from

Historic Triangle Substance Abuse

Coalition: 476-5070

JCC Community Services:

259-3159

JCC Family Meditation Program:

259-3159

Virginia Cooperative Extension:

564-2170

Infant Massage

Bonding by learning massage strokes to help you & baby relax and release stress.

Dates: Thursdays, October 4th—November 8th, 6 weeks
Time: 10:00 –11:30 am
Location: York River Baptist Church
Contact: Family Focus Williamsburg 566-9777
Fee: \$15.00 Book and Oil

Dates: Mondays, October 15th—November 5th, 4 weeks
Time: 10:00 am –11:30 am
Location: St. Mark Lutheran Church, Yorktown
Contact: Family Focus Grafton 898-2945
Fee: \$15.00 Book and Oil

Active Parenting

Video and discussion program for parents of children 5-12 years of age

Dates: Thursdays, October 4th—November 8th
Time: 6:00—8:00pm
Location: YMCA, 301 Sentara Circle, Williamsburg
Contact: Family Focus Williamsburg 566-9777
Fee: \$14.00 Book

Relaxation Techniques for Parents:

Tools to Manage Stress

This five week course for parents will provide an opportunity to explore what causes stress and techniques for relieving stress.

Dates: Tuesdays, October 2nd—October 30th
Time: 10:00— 11:30 am
Location: St Mark Lutheran Church, Yorktown
Contact: Family Focus Grafton, 898-2945
Fee: No Charge

Above classes are funded by a Williamsburg Community Health Foundation grant

Here, Now and Down the Road, Tips for Loving Parents

Class will enhance parent's skills in developing their child's social competence. Parents will learn to encourage their child to make good decisions and promote the development of a healthy drug free lifestyle.

Dates: Fridays, September 21st—November 16th
Time: 9:40— 11:20 am
Location: St Mark Lutheran Church, Yorktown
Contact: Family Focus Grafton 898-2945
Fee: No Charge

1, 2, 3, 4 Parents

Video and discussion program for parents of children ages 1 to 4.

Dates: Tuesdays, October 2nd—October 30th
Time: 9:30—11:30
Location: York River Baptist Church
Contact: Family Focus Williamsburg 566-9777
Fee: \$14.00 Book

Grupo Para Padres Hispanos (Hispanic Parenting/Playgroup)

Twice a month this group will meet in a friendly and supportive environment to openly discuss the successes and challenges of raising children. You will find ideas and be able to exchange ideas with other parents. Your children will enjoy activities as: art, music, snack and story time.

Dates: Fridays, September 21st, October 5th and 19th,
November 2nd and 16th, December 7th
Time: 10:00 —12:00 pm
Location: Wellsprings United Methodist Church
4871 Longhill Road, Williamsburg
Contact: Annie Greaves-Collins 344-2488 (lunes, martes y jueves)
Sheree Press 566-9777 (English)
Fee: No Charge
Transportation: Limited



Above classes are funded by a
Williamsburg Community Health Foundation grant