**PEERS** **Family Development Center**

151 Chaney Avenue  **910-333-9725** Katie LeMaire and Tondrea Leach

Jacksonville, NC 28540 Parent Education Enhancement

***Upcoming Classes and Session Dates***

***(No classes Thanksgiving, Christmas, New Year’s)***

***All classes now include an extra session for Resilience Screening***

• • •

July 19-August 16, 2022 – Stress and Anger Management – Tuesday (6)

6pm-8pm

July 20 -November 16, 2022 - Substance Abuse Recovery Nurturing (SARN)

Wednesday (19) 6pm-8pm

July 21-August 18, 2022 – Crossroads of Parenting and Divorce (CPD)–

Thursday (6) 6pm-8pm

July 25-November 7, 2022 – Early Childhood Nurturing (ECN) – Monday (16)

6pm–8pm

(\***Children may be in out of the home placement** i.e., Foster/TSP care)

August 30- October 4, 2022- Making Children Mind (MCM)-Tuesday (6)

6pm-8pm

September 1, 2022-Darkness to Light (D2L) –Thursday (1) 6pm-8:30pm

September 8-October 13, 2022- AP First Five Years- Thursday (6) 6pm-8pm

October 11-November 15, 2022 -Stress and Anger Management (SAM)

Tuesday (6) 6pm – 8pm

October 20-December 13, 2022- Stepping Stones (SS)-Thursday (8) 6pm-

8pm (Phone Call Weeks on 11/17, 12/1– must participate on all phone calls)

November 14-December 13, 2022-Active Parenting (AP)-Monday (5) 6pm-

8pm

December 7, 2022-Darkness to Light (D2L) Wednesday (1) 6pm-8:30pm

December 13. 2022-Resilience Screening (RS) Tuesday (1) 6pm-8pm

**(Holidays and non-class dates during class sessions are built into the schedule)**

**July – Dec. 2022**

Send referrals to Katie LeMaire

Please, fill out the referral

completely. We need all this

information to better serve your

clients.

*FREE*

*Childcare*

**PEERS is closed during the**

**Following holidays:**

7/5/22 – Independence Day

9/7/22 – Labor Day

11/23, 11/24, 11/25 – Thanksgiving

12/23, 12/26, 12/27– Christmas

01/02-New Years

**CLASS DESCRIPTIONS:**

**Early Childhood Nurturing Program for Parents (0-4) –** This 16-week course teaches parents developmental expectations to apply disciplinary consequences that are age appropriate. Information on nurturing parenting techniques & behavior management are taught through video and group discussion. Encourages parents to learn parenting skills rather than depending on the belief parenting is instinctual.

**The Incredible Years® (2-8) –** This 16-week course provides parents with guidelines not only to help prevent behavior problems from occurring but also with strategies to promote children’s social, emotional and academic competence. **Currently not available.**

**Group Triple P (All ages) -** Nine weeks program for parents of children who are interested in learning a variety of parenting skills. The program involves **six** (2 hour) group sessions and **three** (15 to 20 minute) telephone consultations to assist parents with independent problem solving while they are practicing the skills at home. **(NEED To have children in your care)**

**Stepping Stones-Triple P-**This class is an adaption of the Triple P Program tailored to the needs of parents of a child with a disability. **CLASS DESCRIPTIONS:**

**The First Five Years-(0-5)** This five-week course is video based and helps parents learn how to protect and teach their children. It teaches 4 stages of child development & how to encourage learning during each stage. Non-violent discipline skills and rule settings at each level are discussed. This is the updated version of Parent! 1234.

**Making Children Mind Without Losing Yours (4-18)** - This five-week program teaches parents about "reality discipline, an action-oriented way of holding kids accountable for their behavior." This discipline is based on unconditional love and the willingness to take the time and effort to enforce discipline.

**Active Parenting (5-12) -** This five-session program demonstrates non-violent discipline techniques and effective encouragement skill to parents of children ages 5-12. Topics include mutual respect, active communication skills, teaching responsibility and much more. Enhanced version of AP Now!

**Active Parenting of Teens** (12-18) – This is a five-session discussion and video program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. Currently not available. May consider special 1 on 1.

**Love Notes (12-18) -** This class is for adolescents. Its primary instruction is on healthy relationships. It covers many aspects of relationships healthy and unhealthy. It usually meets for 5 weeks for two hours.

**Crossroads of Parenting and Divorce (5 steps to prevent divorce abuse) -** This five-week program teaches parents to shield their children from parental conflict, how their actions may harm their children. This program is an extensive, informed and interactive resource examining the complex realities of parenting after divorce.

**Darkness to Light (D2L) -** A 2.5-hour training utilizing a video, an interactive workbook and group discussion to address child sexual abuse and its impact on children Child or perpetrator interviews are not used, but rather affirmations from survivors about their healing. The video focuses on empowerment and healing and addresses primary and secondary prevention**. Will consider 1 on 1 for special circumstances.**

**Stress and Anger Management-**A 5-week program that has practical skills, reflections, and journaling to help parents understand where their anger and stress come from and how to keep them under control. Workbook has an area that allows planning discipline methods for expected misbehavior.

**Resilience Screening**- “**Resilience**: The **Biology of Stress** & the **Science of Hope**” As the documentary **Resilience** reveals, toxic stress can trigger hormones that wreak havoc on the brain. The video follows pioneering individuals who looked at the **ACEs** research and the emerging research on the behaviors of children.

**Substance Abuse Recovery Nurturing (SARN)- 18-week-**Participation in this parenting program can be both the beginning of restoring what has been lost in the parent-child relationship & a time for parents to re-establish the strength of their connections to their children so that parents and children can heal together.

**All referrals need to be emailed to**

[Katie\_Lemaire@onslowcountync.gov](mailto:Katie_Lemaire@onslowcountync.gov)

[Tondrea\_Leach@onslowcountync.gov](mailto:Tondrea_Leach@onslowcountync.gov)

**If you or a self-referral or other agency, you can email or call in your referral.**

**\*D2L will now be offered in the evening. Special 1 on 1 class may be allowed in special circumstances.**

**\*Basic Baby Care is done upon request.**

\***All ADA cases for 1 on 1 classes must be staffed with Katie LeMaire and Tondrea Leach before approval.**

**Parents who have teenagers should be referred to MCM. PEERS must have at least 5 participants for a class to take place.**

**All referral sources will receive a copy of the participants’ report card at the conclusion of the class.**