



Hispanic Women's Organization of Arkansas

GEM PROGRAM

GUIDING, EMPOWERING, AND MENTORING

PARENTING CLASSES CALENDAR 2024

614 E EMMA AVE SUITE 231 SPRINGDALE, AR 72764

JANUARY

- 4 • NO CLASS
- 11 • FAMILY VALUES
- 18 • TALKING ABOUT SEXUALITY AS A FAMILY
- 25 • ANXIETY IN CHILDREN AND ADOLESCENTS

FEBRUARY

- 1 • SAFETY CARE IN THE FAMILY
- 8 • AVOIDING EMOTIONAL CODEPENDANCY
- 15 • SOCIAL ISSUES WITH ALCOHOL AND DRUGS
- 22 • DOMESTIC VIOLENCE
- 29 • TECHNIQUES ON ANGER MANAGEMENT

MARCH

- 7 • PARENTS AS FIRST TEACHERS
- 14 • WOMEN LEARNING THEIR RIGHTS
- 21 • NO CLASS – SPRING BREAK
- 28 • PSYCHOLOGICAL WELLBEING AND RESILIENCE IN CHILDREN

APRIL

- 4 • AUTISM AND ADHD
- 11 • ANXIETY DISORDER
- 18 • FINANCIAL EDUCATION
- 25 • ANGER MANAGEMENT IN CHILDREN

MAY

- 2 • CHILD SEXUAL ABUSE PREVENTION
- 9 • ANGER MANAGEMENT
- 16 • EFFECTIVE PARENTING
- 23 • TEEN PREGNANCY PREVENTION
- 30 • GENERAL RULES FOR PARENTS

JUNE

- 6 • UNDERSTANDING ABOUT EMOTIONS
- 13 • SOCIAL MEDIA IMPACT
- 20 • ALCOHOL AND DRUG USE PREVENCIÓN
- 27 • LEARNING TO SET AND RESPECT BOUNDARIES

JULY

- 4 • NO CLASS- INDEPENDENCE DAY
- 11 • HOW TO ADDRESS LEARNING PROBLEMS
- 18 • SELF-ESTEEM IN CHILDREN
- 25 • ACHIEVE SCHOOL SUCCESS IN OUR CHILDREN

AUGUST

- 1 • ADVICE ABOUT SPECIAL EDUCATION SERVICES
- 8 • SAFE ENVIRONMENT AT HOME
- 15 • APPEARING BEFORE A JUDGE AT COURT
- 22 • BULLYING PREVENCIÓN
- 29 • PARENTAL INVOLVEMENT IN EDUCACIÓN

SEPTEMBER

- 5 • LEGAL UPDATE ON IMMIGRATION ISSUES
- 12 • PARENT/TEACHER COMMUNICATION
- 19 • LEARNING ABOUT LANGUAGE DEVELOPMENT
- 26 • IMPROVING ASSERTIVE COMMUNICATION

OCTOBER

- 3 • SUICIDE PREVENTION
- 10 • EATING DISORDERS
- 17 • PREPARING CHILDREN FOR COLLEGE "SCHOLARSHIPS"
- 24 • DIVORCED PARENTS SHARING CHILDREN
- 31 • GENDER STEREOTYPES

NOVEMBER

- 7 • UNDERSTANDING GRIEF
- 14 • LGBTQ+
- 21 • IMPORTANCE OF FAMILY AND TYPES OF FAMILIES
- 28 • NO CLASS - THANKSGIVING

DECEMBER

- 5 • PARENT'S RIGHTS AND RESPONSIBILITIES.
- 12 • DIFFERENCE BETWEEN FEAR AND PHOBIAS
- 19 • NO CLASS- HOLIDAYS
- 26 • NO CLASS- HOLIDAYS

THURSDAYS FROM 6:00PM- 8:00PM

IN SPANISH

FREE

IN PERSON AND VIRTUAL THROUGH FACEBOOK @HWOAOFFICIAL

QUESTIONS 479-751-9494

