



Hispanic Women's Organization of Arkansas

Parenting Class Calendar 2020

Thursdays from 6:00PM-8:00PM

614 E. Emma Ave. Ste. 231, Springdale AR. 72764 Phone: 479-751-9494

Free Classes

January

- 2 – **No Class**
- 9 – Teaching children to follow directions
- 16 – Easy to love, hard to discipline
- 23 – Managing stress and frustration
- 30 – Communication between parents sharing custody

February

- 6 – Self-esteem and how to deal with bullying
- 13 – Preparing for adolescence
- 20 – Anger Management
- 27 – Appearing before a judge in court

March

- 5 – Children and technology
- 12 – Time with your children
- 19 – Child abuse
- 26 – **No Class-Spring Break**

April

- 2 – Depression in children and adolescents
- 9 – Teaching your children resilience
- 16 – Discipline: Rules and expectations
- 23 – Anger management for children
- 30 – The use and abuse of drugs in children

May

- 7 – Abuse prevention – children and adolescents
- 14 – What triggers anger and how to control it
- 21 – Alcoholism and drug addictions, how to detect them?
- 28 – Prevention of teen pregnancies

June

- 4 – Children and chores
- 11 – Managing stress
- 18 – Improving communication with your children
- 25 – Healthy relationships

July

- 2 – Communication between parents
- 9 – Keys to education of children
- 16 – Anger Management
- 23 – Children and technology
- 30 – Child abuse – S.I.D.S

August

- 6 – Self-esteem in your children
- 13 – The value of family
- 20 – How to motivate children to do homework
- 27 – Improving study habits

September

- 3 – Parental involvement in child's education
- 10 – Anger Management
- 17 – Parent & teacher communication
- 24 – Bulimia and anorexia in children

October

- 1 – Managing stress
- 8 – General parenting instructions
- 15 – Preparing your children for college "scholarships"
- 22 – Divorced parents sharing their children
- 29 – Keeping safe in public

November

- 5 – Children, Television, and technology
- 12 – Depression in children and adolescents
- 19 – The importance of family
- 26 – **No Class- Thanksgiving Day**

December

- 3 – Breaking gender stereotypes
- 10 – Child Abuse
- 17 – Healthy Relationships
- 24 – **No Class**
- 31 – **No Class**

