



PARENTING PLUS

Family Road of Greater Baton Rouge

Parenting Plus..... is a series of classes for parents on the move. This course demonstrates effective techniques and tips on dealing with the demands of parenting. Parents will become more knowledgeable about appropriate parenting techniques and gain confidence in their parenting decisions.

Parenting topics include:

- ✿ *The Nurturing Parent/Cultural Parenting Traditions*
- ✿ *Growth and Development of Children*
- ✿ *Developing Empathy*
- ✿ *Managing and Communicating Feelings*
- ✿ *Understanding and Handling Stress*
- ✿ *Understanding Discipline*
- ✿ *Managing Discipline: Rewards and Punishment*

Classes are offered on:

Monday's - 11:00 a.m. to 1:00 p.m.

or

Wednesday's - 5:30 p.m. to 7:30 p.m.

Fee for each class is

\$10.00 per individual; \$15.00 per couple

Register for Parenting Plus online at www.familyroadgbr.org

or call Family Road at (225) 201- 8888

