

Who Can Participate

Anyone is welcome to attend. Classes are designed with a variety of settings in mind focusing on multiple and realistic environments of the home.

Because parenting is not an easy job for anyone, it's best to have more than one adult living in the home participate.

- Divorcing Parents
- Step Parents
- Grandparents
- Foster or Soon to be Foster Parents
- Single Parents
- Co-Parents

2019 Winter Classes:

Young Child Version 10a.m. to 12p.m.

Teen Version 1p.m. to 3p.m.

Wednesdays

January 9, 16, 23 & 30

February 6, 13, 20 & 27

March 6, 13, 20 & 27

****No April Classes**

Classes will be held at Prevention Network.
Subject to changes.
Please call for more information!

Visit Us on the Web!

WWW.PreventionNetworkCNY.org

facebook.com/preventionnetworkcny

Mindful Parenting Classes

With Mindful Parenting skills families and caretakers can provide positive norms in the home. With skill practice through language, expectations, and self-regulation, parents and caretakers can create a thriving and harmonious environment for the entire household!

Other Services

- Drug Education Classes
- Life Skills Training for Young Adults
- Too Good For Drugs
- Staff Development Training
- Family Support Navigator /Veteran Outreach



Prevention Network
906 Spencer Street
Syracuse, NY 13204
Phone: 315-471-1359
Fax: 315-471-3255

Parenting Wisely®

Parenting Classes

Evidence Based Parent Education



Free Parenting Classes
Practical Help for Today's
Busy Parents



About Parenting Wisely®

Parenting Wisely® is an evidence based program designed to target unhealthy behaviors with positive approaches to conflicts.

The program is designed to give parents and caretakers skills for their **parenting toolbox**. Those skills will help improve family interactions that is proven to:

- *Reduce alcohol & drug use*
- *Reduce aggressive behavior in both parent & child*
- *Improve family communications*
- *Improve parental competence to tough challenges through mindful interactions*



The vignettes are shown via DVD and each participant receives an accompanying workbook. Both effective and ineffective solutions are depicted for each problem, followed by comprehensive critiques and explanations of the parenting and communications of the skills demonstrated.

Parenting Wisely® Offers Two Editions of the Program

#1 Young Child Edition

For parents of children between the ages of 3 and 10.

- Interrupting on the Telephone
- Refusing to go to Bed
- Acting up in Public
- Homework & Bad Grades
- Conflict with Other Children
- Getting ready for School
- Sibling Conflict

#2 Teen Edition

For parents of children between the ages of 11 and 17.

- Helping Children do Homework
- Helping Children do Better in School
- Curfew
- Criticizing
- Monitoring School, Homework, & Friends
- Loud Music & Chores Incomplete
- Sharing the Computer
- Sibling Conflict
- Getting up in Time
- Finding Drugs

**Start the Conversation*

*When and how to Talk to Your Kids About Sex
Presented by ACR*

(1 hour of additional education optional)

What Parents and Caretakers Should Expect



Parenting Wisely® is a highly interactive parenting program. Classes are driven by a series of typical problem situations shown on video. Each participant receives a book and resources to take home.

The program is facilitated in a group setting over a four week period. Each session is two hours in length held once a week for four consecutive weeks.

Upon completion of the four week program, participant receive a certificate of completion—an 8 hour parenting program.

**To Register Call or Email
Cortney Pitcher
(315)-471-1359**

**CPitcher@PreventionNetworkCNY.org
Classes are Free, Confidential, and
Court Approved.**