

# **FREE PARENTING SKILLS CLASSES**

**for parents of children with special needs**

12-week classes held Mondays in English / Tuesdays in Spanish

Starting on Monday, September 10, 2018, 10am-12pm

Free breakfast and snacks provided

**Childcare & Transportation Support Available**



**Triple P (Positive Parenting Program) uses the things you already say, think, feel and do, in new ways that:**

- Increase the behaviors you want to see
- Deal positively, consistently and decisively with problem behavior
- Build positive relationships with your children
- Plan ahead to avoid or manage potentially difficult situations
- Take care of yourself as a parent

## CLASS SCHEDULE

English: Sept. 10<sup>th</sup>, Sept. 17<sup>th</sup>, Sept. 24<sup>th</sup>, Oct. 1<sup>st</sup>, Oct. 15<sup>th</sup>, Oct. 22<sup>nd</sup>, Oct. 29<sup>th</sup>, Nov. 5<sup>th</sup>, Nov. 19<sup>th</sup>, Nov. 26<sup>th</sup>, Dec. 3<sup>rd</sup>, Dec. 10<sup>th</sup>  
Spanish: Sept. 11<sup>th</sup>, Sept. 18<sup>th</sup>, Sept. 25<sup>th</sup>, Oct. 2<sup>nd</sup>, Oct. 9<sup>th</sup>, Oct. 16<sup>th</sup>, Oct. 23<sup>rd</sup>, Oct. 30<sup>th</sup>, Nov. 6<sup>th</sup>, Nov. 13<sup>th</sup>, Nov. 20<sup>th</sup>, Nov. 27<sup>th</sup>,

## **ADVANCED ENROLLMENT REQUIRED**

To enroll, call (415)920-5040

Classes offered at Support for Families

1663 Mission Street, Suite 700, San Francisco, CA 94103

