



Sponsored by the Family Advocacy Network (FAN)

A program of Freedom House Recovery Center

2017-18 CALENDAR SCHEDULE FOR

# Common Sense Parenting®

*Using your head as well as your heart to raise children*

## Parenting is tough. No doubt about it.

Kids can push every button a parent has and sometimes we find that very little we do changes the child's behavior. So, what can you do when your usual approach stops working? You can change the way you react to their challenging behaviors by learning skills taught in the evidence-based curriculum, **Common Sense Parenting®** (CSP), developed by the renown Boys Town. Participants will learn ways to change outcomes within their family relationships using techniques to address issues of **communication, discipline, decision-making, relationships, healthy boundaries, self-control** and **school success** for families in all situations.

- **Common Sense Parenting®** of School Age Children meets once-a-week for six-weeks, two-hours weekly.
- The CSP Course is provided free of charge and include a workbook, a loaner textbook, and a snack

A **Certificate of Completion** is issued at graduation to participants attending all classes.

*Consult the calendar listing below to choose a class. Participants must attend all of the classes in the session offered and cannot combine attendance between two sessions to complete the coursework.*

CSP is for families of children ages 6-17 years of age.

For families needing parenting classes who have children aged birth –5 years, please contact FAN for Triple P parenting class

*Please Note: A minimum of 6 registrants must be enrolled in order for the class to be held—no make up sessions*

### CSP for DADS ONLY!

**Session 1: Georgia Thursdays 5:30-8:30 PM**  
FH CH 7/13, 20, 27  
*[this is a special accelerated session]*

**Session 2: Linda Thursdays 6-8PM**  
FH CH 10/5, 12, 19, 26, 11/3 & 10

### CSP for SPANISH-SPEAKING PARENTS!

**Session 1 : Ana Wednesdays 10-12Noon**  
FH CH 9/6, 13, 20, 27, 10/4 & 11

**Session 2 : Ana Thursdays 10-12Noon**  
FH Durham 10/19, 26, 11/2, 9, 16 & 26

### CSP for ENGLISH-SPEAKING PARENTS!

**Session 1 : Linda Saturdays 9-11AM**  
FH CH 8/5, 12, 19, 26, 9/2 & 9

**Session 2 : Georgia Wednesdays 9-11AM**  
FH CH 11/1, 8, 15, 22, 29 & 12/6

## Questions?

Call 919-942-2803 Ext 265

## Location Key:

### FAN Advocates-Certified Instructors:

Linda Boldin, CPSP [Linda.b@fhrecovery.org](mailto:Linda.b@fhrecovery.org)  
Ana Velasquez (Spanish-Speaking Advocate) [Ana.v@fhrecovery.org](mailto:Ana.v@fhrecovery.org)  
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