



STEP Plus Parenting Class

Saturdays 9.00 AM – 11:30 AM

Contact us for latest schedule.

Parenting is a daunting task. While parents enjoy their children, they can also feel overwhelmed, ineffective, frustrated, and sometimes angry with the demands placed on them as parents. Systematic Training for Effective Parenting (STEP) is an easy and effective way for parents to improve relationships in their families. The class combines STEP with information about developmental factors, self-awareness, relaxation training, and techniques for co-parenting. The seven sessions (total of 17 and ½ hours) address a range of topics such as:

- ***Physical, cognitive and psycho-social developmental factors***
- ***Understanding children's behavior***
- ***Building self-esteem***
- ***Communicating with children***
- ***Helping children learn to cooperate***
- ***Effective discipline***
- ***Nurturing emotional and social development***
- ***Co-parenting, relaxation and self-awareness.***

Resource & Facilitator: Sushma Trivedi
Licensed Marriage and Family Therapist
License # 47584

Total Cost: **\$200.00 (individuals);** **\$350.00 (couples)**

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