



REFUGE
COUNSELING • SUPPORT • EDUCATION



Mondays
10:00AM-11:30AM

Wednesdays
5:30PM-7:00PM

Riverbend Family
Ministries Building
144 E Ferguson Avenue
Wood River, IL
62095

Please contact:
(618) 251-9790 x203
to schedule

PARENT EDUCATION GROUP

**OPEN ENROLLMENT
CLASSES ARE FREE**

To qualify for a Certificate and Letter of Completion, participants must complete intake paperwork 1/2 hour before the first class, and attend all ten sessions. Childcare will not be provided.

Refuge Parent Education Group SYLLABUS

Location and Class Times:

Located at Riverbend Family Ministries
144 East Ferguson, Wood River

Mondays- 10:00-11:30 a.m.

Wednesdays- 5:30-7:00 p.m.

Phone Contact: 618-251-9790 x203

Description

Refuge Parenting Education is a ten week course that covers a variety of topics that are relevant to parenting in today's world. The emphasis of the curriculum is on building strong parent-child relationships that are based on trust and respect. This kind of a relationship is achieved through appropriate expectations, structure, and discipline with empathetic actions and reactions.

Objectives

1. To increase the knowledge base of parents
2. To build parenting skills
3. To help parents develop or increase the ability to empathize and nurture
4. To provide psycho-education on child development

Topics

1. **Principles of Nurturing: Discussion of Self-Care, Childhood Exposure to Violence/Trauma**
2. **Brilliant Brains: Understanding Critical Windows of Development**
3. **ACE's and Toxic Stress: How stress affects adults**
4. **Ages and Stages of Development: Developmental Expectations, Attachment, and Attunement**
5. **Unhealthy Relationships: Traits of Abusers, Cycle of Violence, Power and Control**
6. **Developing Empathy: Meeting Your Child's Needs**
7. **Recognizing and Understanding Emotions: Uncomfortable Emotions, Regulation and Communication**
8. **Self-Worth and Power Struggles: Problem Solving**
9. **Parenting Styles: Harsh Discipline vs Nurturing Discipline**
10. **Understanding Discipline: Routines and Rituals, Consequences, Redirection, Ignoring, Time-Out, Clear Command**

Intake One-half hour before attending the first class
Orientation, Pre-test, class rules, consents/releases

Closing Post Test, Certificates and Letters of Completion
To be completed when last class is attended.
(This will vary with start dates of the class)

- * There are no make-up sessions.
- * Parents are welcome to come both Mondays and Wednesdays.
- * All clients have six months to complete all 10 classes from the time they start.