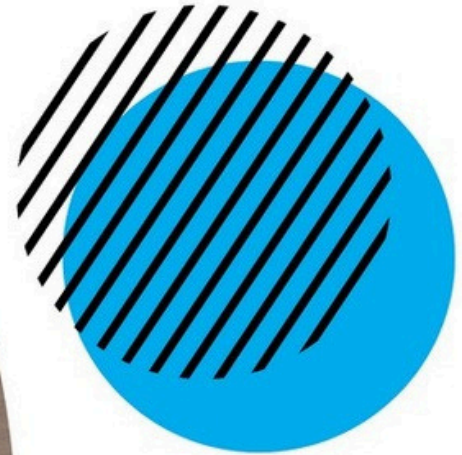




REFUGE
COUNSELING • SUPPORT • EDUCATION



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 Parenting Education Class Syllabus

Location:

Riverbend Family Ministries
144 E Ferguson Ave, Wood River, IL

Class Times:

~~Mondays: 10:00 am–11:30 am~~
Wednesdays: 5:30 pm–7:00 pm

To begin: All the participant must do to begin is arrive 30 minutes early to their first class.

Contact Information: 618-251-9790 x203 or mackenzie@refuge4kids.org

Description

Refuge Parenting Education Class is a 10-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 and child relationships that are based on trust and respect.

Main Objectives

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

Topics Covered

1. Principles of Nurturing: Discussion of "The Big Six," defining nurturing parenting the 7 Principles of Nurturing Parenting
2. Brilliant Brains: Explaining parts of the brain, deep dive into what trauma is, and an extensive look into the consequences of trauma
3. Toxic Stress and ACE's: Understanding what toxic stress is and its impact, Adverse Childhood Experiences, or ACEs, discussion of prevention of ACEs, Positive Childhood Experiences, or PCEs, concluding with where to begin
4. Ages and Stages of Development: Developmental expectations through different stages of development and the Attachment Theory
5. Unhealthy Relationships: Extensive dive into domestic violence
6. Developing Empathy: Defining empathy and why it matters, Maslow's Hierarchy of Needs, connecting meeting children's needs and empathy, and looking into how to develop empathy in ourselves and our children
7. Recognizing and Understanding Emotions: Understanding, identifying, managing, and expressing emotions
8. Self-Worth and Power Struggles: Defining personal power, power struggles and self-worth, and looking into needy versus spoiled children
9. Parenting Styles: Defining discipline, discussing the 4 main parenting styles, physical discipline, and concluding with positive discipline
10. Deeper Dive into Understanding Discipline: establishing parenting routines, tips for co-parenting, establishing family rules, consequences, how to manage behaviors, and rewards and praises

*There are NO make-up sessions, and all 10 classes must be completed within 6 months of start date.

*Participants CAN attend both Mondays and Wednesdays each week to complete the course quicker.

Parenting Participants Class Calendar - 2025

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Snow Day	7	8 #8	9	10	11
12	13 #2	14	15 #9	16	17	18
19	20 No Class (MLK Day)	21	22 #10	23	24	25
26	27 #3	28	29 #1	30	31	

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 #4	4	5 #2	6	7	8
9	10 #5	11	12 #3	13	14	15
16	17 #6	18	19 #4	20	21	22
23	24 #7	25	26 #5	27	28	

Reminders:

- All classes are subject to change.
- Text @refuge10y to 81010 for updates on classes and cancellations.
- Keep track of your attendance.
- For clarification on required classes, email mackenzie@refuge4kids.org or call 618-251-9790 x203.

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 #8	4	5 #6	6	7	8
9	10 #9	11	12 #7	13	14	15
16	17 #10	18	19 #8	20	21	22
23	24 #1	25	26 #9	27	28	29
30	31 #2					

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 #10	3	4	5
6	7 #3	8	9 No Class	10	11	12
13	14 #4	15	16 #1	17	18	19
20	21 #5	22	23 #2	24	25	26
27	28 #6	29	30 #3			