REFUGE
COUNSELING · SUPPORT · EDUCATION

PARENT EDUCATION CLASS

Refuge's Parent Education Class is a supportive space for parents to learn, reflect, and grow. The curriculum is designed to strengthen parent-child relationships through consistent, respectful interactions that promote trust, connection, and healing.

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

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

Riverbend Family Ministries

144 E. Ferguson Ave
Wood River IL, 62095

10 Total Sessions

All sessions must be completed within 6 months

OPEN ENROLLMENT!

CLASSES ARE FREE.

To enroll, participants must arrive 30 minutes before the first class to complete an intake packet. Class participants will qualify for a Certificate and Letter of Completion if they attend all 10 classes within 6 months and pass the post-test.

CHILDCARE IS NOT PROVIDED.

For more information about Refuge's Parent Education classes, contact:

Erin Plumb
618-251-9790 Ext. 203

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PARENT EDUCATION CLASS SYLLABUS

Location:
Riverbend Family Ministries
144 E. Ferguson Ave, Wood River, IL

Class Times:
Mondays: 10:00 a.m. – 11:30 a.m.
Wednesdays: 5:30 p.m. – 7:00 p.m.

To Begin: Participants must arrive **30 minutes BEFORE** their **FIRST** class.

Contact Information: 618-251-9790 Ext. 203 or eplumb@refuge4kids.org

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Description
The Parenting Education Class is a 10 - week course that covers a variety of topics that are relevant to parenting in today's world. These classes help participants recognize the effects of their own trauma history and learn skills to break the cycle and build healthier relationships with their children and families.

Main Objectives
1. Strengthen Parent-Child Relationships
2. Increase Understanding of Child Development and Trauma
3. Develop Effective and Positive Parenting Skills

Topics Covered
1. **Principles of Nurturing**: The 7 Principles of Nurturing Parenting; Adam Young's The Big Six
2. **Brilliant Brains**: Trauma and the Brain
3. **Toxic Stress and ACEs**: The Impact of Toxic Stress; Adverse Childhood Experiences (ACEs), Positive Childhood Experiences (PCEs)
4. **Ages and Stages of Development**: Attachment Theory; Developmental Stages of Childhood
5. **Unhealthy Relationships**: Domestic Violence / Intimate Partner Abuse
6. **Developing Empathy**: Maslow's Hierarchy of Needs; Developing Empathy for ourselves and our Children
7. **Recognizing and Understanding Emotions**: Understanding, identifying, managing, and expressing emotions
8. **Self-Worth and Power Struggles**: Exploring self-worth, power struggles, and overcoming Obstacles
9. **Parenting Styles**: Parenting Styles; Establishing Routines
10. **Understanding Discipline**: Positive Discipline, managing behaviors, and co-parenting

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*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 more quickly.