

NURTURING SKILLS PARENTING CLASS

8 weeks: Friday, Jan 27 – Friday, March 16

6:30pm - 8:30pm

To be held at St Mark's

Class Fee (includes lesson guide for parents): \$20



The Nurturing Parenting Programs are a family-centered initiative designed to build nurturing parenting skills. The programs feature activities to foster positive parenting skills and self-nurturing, home practice exercises, family nurturing time, and activities to promote positive brain development in children. Nurturing Skills for Families is an innovative model of the Nurturing Programs that is designed to provide flexibility to meet the needs of families with children ranging in age from birth to 11 years old.

The Lesson Guide for Parents contains over 80 individual lessons presented in 16 competency areas. These areas are designed to teach positive concept/self-esteem and build levels of empathy; teach alternatives to physical punishment and yelling; enhance family communication and awareness of needs; promote healthy physical and emotional development; and teach appropriate role and developmental expectations.

Brief review of topics:

- * Nurturing Philosophy
- * Growth and Development
- * Choices & Consequences

- * Needs/ Empathy
- * Family Morals/ Rules
- * Spirituality in Parenting

- * Dealing with Feelings
- * Punishments & Rewards

The instructor for this class will be Jodi Goettmoeller, Licensed Clinical Professional Counselor. She has been trained as a Nurturing Parenting Facilitator and holds a Master's of Science degree in Community Counseling.

Please complete the form below and return to the attention of Phyllis Sawyer at St. Mark's Parish Office. Should you have any questions, please write them below the sign-up form and someone will contact you prior to the start of class.



Please complete the following information and turn into Parish Office or Call/Fax

Name: _____

Spouse (if attending): _____

Address: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Ages of Children in household: _____

Have you attended a parenting class before? ___ No ___ Yes if so please explain:

Will you need babysitting? ___ No ___ Yes if so, ages of children _____

\$20.00 Fee Enclosed? ___ No ___ Yes (form of payment _____)

Additional questions you have if you would like us to contact you prior to Jan 27:

St Mark's Office: 375-6651/Fax 375-3211 Tina Carpenter: 322-5209/861-6705