



Christian Active Parenting (CAP) combines the wisdom of the Bible with our evidence-based approach to give parents the strength and skills they need to raise upstanding children.

Anita Liu, PhD in clinical psychology, an experienced family educator, will be the Leader/Facilitator of this class. Questions? Email Anita at ALiuBlessing1988@gmail.com.



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| Session 1: The Active Parent | July 8 @ 2-4 pm |
| <ul style="list-style-type: none">- Styles of parenting- The method of choice- How brain development affects children's behavior and decision-making | |
| Session 2: Cooperation & Communication | July 15 @ 2-4 pm |
| <ul style="list-style-type: none">- Who owns the problem?- Using active communication- Feelings, empathy, and problem-solving | |
| Session 3: Responsibility & Discipline | August 5 @ 2-4 pm |
| <ul style="list-style-type: none">- Effective non-violent discipline- "I" messages- Logical consequences | |
| Session 4: Building Courage & Self-Esteem | August 19 @ 2-4 pm |
| <ul style="list-style-type: none">- The Think-Feel-Do Cycle- The power of encouragement | |
| Session 5: Understanding and Redirecting Misbehavior | September 9 @ 2-4 pm |
| <ul style="list-style-type: none">- Why children misbehave- Eliminating power struggles- Handling anger- Problem-solving with FLAC (as seen on "Oprah") | |
| Session 6: Active Parenting for School Success | October 14 @ 2-4 pm |
| <ul style="list-style-type: none">- 7 Smart Things for School Success- Structuring homework time- Family talks- How to start now to prevent future use of tobacco, alcohol, and other drugs | |

Material Cost: \$30 per family; Childcare Cost: \$4 per child per session
Sign up online by June 25, 2018 (<https://goo.gl/forms/EYMqJVIVU6me8htU2>)

Sponsored by First Evangelical Community Church
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