

Parenting is **tough** and there is no one right way to be a parent. CAPA's **Parenting Classes** provide the knowledge, encouragement, and network you need to be the best parent you can be. CAPA's **Parenting Classes** are based on the Positive Parenting Program, Triple P, a science-based, proven effective program that has been helping parents for over 20 years.

Parenting Classes are offered in two locations in Beaufort County:

Northern Beaufort County - Every Monday evening 6:00pm-7:30pm

CAPA 714 14th Street @ the corner of Richmond Avenue, Port Royal, SC 29935, 843.524.4350

From Ribaut Road (HWY 802) turn onto to Richmond Avenue (landmark Friendly's)

Pass the Wardle Family YMCA and at the 2nd STOP sign turn left onto 14th Street

Make immediate left into CAPA's driveway/parking lot

Enter through CAPA's back door to the Outreach Classroom

Southern Beaufort County - Every Thursday evening 6:00pm-7:30pm

Community First, 1215 May River Road, Bluffton, SC 29910, 843.706.9580

Take Hwy 278 to Simmonsville Road (landmark Walgreens), at end of Simmonsville Road turn left onto May River Road, pass the BP & gray trailer, then turn left into Community First (white trailer)

CAPA's Parenting Classes Program Content:

- **Commitment to Caring** - Understanding your commitment to your child
- **Tug of War** - Choosing your approach to parenting
- **Discipline That Makes Sense** - Using discipline strategies that work
- **Communication Within the Family** - Listening and talking to and with your child
- **Managing Anger** - Identifying productive skills and strategies to alleviate stress
- **Cooperation** - Encouraging meaningful interactions that promote family togetherness
- **Relationships, Step Parenting, & Single Parenting** - Exploring dynamics of roles within diverse family units
- **Self Management** - Establishing patterns and routines and the benefits of support systems



Each class lasts 1.5 hours and you must complete an introductory interview, all 8 classes, and an exit interview in order to receive your certificate.

Participant Information and Responsibilities:

Participants **must** arrive **one (1) hour before** their **first class** to complete required paperwork.

Cost is \$25.00 and due at first class. **Payment options:** \$12.50 at the first class & \$12.50 at second class to sustain attendance. You will be issued a receipt upon payment.

Attendance Log - You are personally responsible for recording the date and topic for each of the 8 classes you complete - if you are more than 10 minutes late or absent, you must make up that particular session.

Written documentation reporting attendance, participation, and progress will be provided upon request.

CAPA provides on-going **communications** with DSS Caseworkers, Attorneys, Guardians Ad Litem, & Counselors.

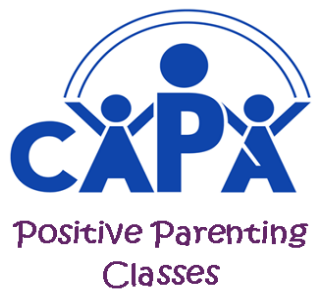
Exit Interview - call April @ CAPA 524-4350 to schedule **within one week** of program completion.

Completion Certificates awarded upon 100% fulfillment - including the exit interview.

Upon program completion, ALL PARTICIPANTS are invited to join CAPA's Parenting Support Group,

PS We Love You, which meets at CAPA on the 1st, 3rd & 4th Thursday each month from 6:15 - 7:45pm.

Child Abuse Prevention Association • PO Box 531 • Beaufort, SC 29901
phone 843.524.4350 • fax 843.525.0070 • capa714@earthlink.net • www.capabeaufort.org



CAPA's Positive Parenting Classes Focusing on The Five Protective Factors Every Parent Should Know and Do:



Children Learn to Talk About and Handle Feelings

Nurturing and attachment – The importance of early bonding, as well as nurturing throughout childhood helps parents build a close bond with their children and better understand, respond to, and communicate with their children.



Parents Know How Children Grow

Knowledge of parenting and of child and youth development – Information about what to anticipate as children develop and strategies for effective parenting will help parents learn what to look for at each age and how to help their children reach their full potential.



Parents Can "Bounce Back"

Parental resilience – How parents cope and problem solve affects their ability to deal effectively with everyday stress or a major crisis. Recognizing the signs of stress and knowing what to do about it can help parents build their capacity to cope.



Parents Need Friends

Social connections – Identifying ways to help parents expand their social networks and build a broader base of parenting support is very important. Parents with an extensive network of family, friends and neighbors have better support in times of need.



Parents Know Where to Turn for Help

Concrete Support for Parents – Finding out what basic resources are available in the community and how to access them. These resources address family-specific needs such as financial management skills, housing assistance programs, and local health organizations which allow mothers and fathers to better attend to their role as parents.