PARENTING SKILLS SERIES
Cypress-Fairbanks I.S.D. Instructional Support Center
10300 Jones Road, Houston, Texas
Fall Course Schedule
2009-2010

The Guidance and Counseling Department of Cypress-Fairbanks I.S.D. offers the following courses. Classroom locations for the first night of classes are listed below with the course information. If you have any questions regarding specific courses or registration procedures, please contact your child's school counselor or call ***Katie Hernandez*** *at* ***(281) 897-6467.***

1. Active Parenting Now - Course fee: $20.00 per family (single parent or couple)

Learn how to develop courage, responsibility and character in your children. Gain positive, non-violent and effective discipline techniques and parent-child communication skills. Discover how to redirect your child when he misbehaves. This course is six sessions. ***Parents of children 5 to 12 years of age.***

Tuesdays: Sept. 22, Sept. 29, Oct. 6, Oct. 13, Oct. 20, & Oct. 27, 2009
Instructional Support Center, Rm. 502C, 10300 Jones Rd.
7:00 p.m. - 9:00 p.m.

2. Common Sense Parenting - Course fee: $20.00 per family (single parent or couple)

Provides parents with a menu of proven techniques that will aid in building good family relationships, preventing and correcting misbehavior, using consequences to improve behavior, teaching self-control, and staying calm. Teaches parents to use their head as well as their heart to raise school-aged children. This course is six sessions. ***Parents of children 3 to 16 years of age.***

Tuesdays: Sept. 22, Sept. 29, Oct. 6, Oct. 13, Oct. 20, & Oct. 27, 2009
Instructional Support Center, Boardroom, 10300 Jones Rd.
7:00 p.m. - 9:00 p.m.

3. Active Parenting of Teens - Course fee: $20.00 per family (single parent or couple)

Provides today's parents the guidance and support they need to turn the challenges of raising a teenager into opportunities for growth. Parents will learn methods of respectful discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent. This course is six sessions. ***Parents of preteens and teens.***

Thursdays: Sept. 24, Oct. 01, Oct. 08, Oct. 15, Oct. 22, Oct. 29, 2009
Instructional Support Center, Rm. 502C, 10300 Jones Rd.
7:00 p.m. - 9:00 p.m.

4. Children In The Middle - Course fee: $25.00 per family (single parent or couple, with children)

Learn what you as parents can do to minimize the harmful effects of divorce on your child or children. This course meets for two sessions and has a program for both parents & children. Please include the ages of children attending on the registration form below. Sessions include age appropriate activities for children. ***Parents of children any age who are experiencing divorce.***

Meets 2 Saturdays – Oct. 10 & Oct. 24, 2009
Instructional Support Center, Rm. 502B 10300 Jones Rd. Houston, TX 77065.
9:00 a.m. - 12:00 noon

Name_____ ***Day Phone***_____ ***Night Phone***_____

Address_____
Street ***City*** ***Zip Code***

School Your Child/Children Attend(s)_____Child/Children's Name(s)_____

Please check the course(s) you plan to attend.

____ 1. Active Parenting Now *Fee: $20.00 per family*

____2. Common Sense Parenting *Fee: $20.00 per family*

____3. Active Parenting Teens *Fee: $20.00 per family*

____4. Children In The Middle *(includes children)*
Fee: $25.00 per family
Ages of children that will attend with you _____

Total enclosed $ _____ **Make checks payable to *Cy-Fair I.S.D*.**

No Refunds.

Detach and return to your child's school counselor by September 16, 2009.