

**PARENTING SKILLS SERIES**  
**Cypress-Fairbanks I.S.D. Instructional Support Center**  
**10300 Jones Road, Houston, Texas**  
**Spring 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: Jan. 19, Jan. 26, Feb. 02, Feb. 09, Feb. 16, & Feb. 23, 2010**  
**Instructional Support Center, Rm. 502A, 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: Jan. 19, Jan. 26, Feb. 02, Feb. 09, Feb. 16, & Feb. 23, 2010**  
**Instructional Support Center, Rm. 502B, 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 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: Jan. 21, Jan. 28, Feb. 04, Feb. 11, Feb. 18, & Feb. 25, 2010**  
**Instructional Support Center, Rm. 502C, 10300 Jones Rd.**  
**7:00 p.m. - 9:00 p.m.**

**4. The Kazdin Method for Parenting the Defiant Child –Course fee: \$20.00 per family (single parent or couple)**

This course provides parents and primary caregivers with training using Dr. Alan Kazdin's reliable, research-proven method of eliminating unwanted behaviors in your child and replacing them with strong positive behaviors. Instructors will guide you in using the Kazdin Method to resolve problem scenarios; including tantrums, supermarket scenes, squabbling with friends, getting ready for the school day, homework avoidance, preadolescent issues, parenting stress, household chaos and more. This course is 3 sessions. **Parents of children 3 to 12 years of age.**

**Thursdays: Feb. 11, Feb. 18 & Feb. 25, 2010**  
**Instructional Support Center, Rm. 502C, 10300 Jones Rd.**  
**7:00 p.m. - 9:00 p.m.**

**5. 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. This course is 2 sessions. **Parents of children any age who are experiencing divorce.**

**Meets 2 Saturdays – Feb. 06 & Feb. 20, 2010**  
**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.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 1. Active Parenting Now<br><i>Fee: \$20.00 per family</i>                              | <input type="checkbox"/> 2. Common Sense Parenting<br><i>Fee: \$20.00 per family</i>  | <input type="checkbox"/> 3. Active Parenting Teens<br><i>Fee: \$20.00 per family</i> |
| <input type="checkbox"/> 4. The Kazdin Method for Parenting the Defiant Child<br><i>Fee: \$20.00 per family</i> | <input type="checkbox"/> 5. Children In The Middle (includes children)<br><i>Fee: \$25.00 per family Ages of children that will attend with you</i> |  |

Total enclosed \$ \_\_\_\_\_

**Make checks payable to Cy-Fair I.S.D.**

**No Refunds.**

**Detach and return to your child's school counselor by January 12, 2010.**