



# Parenting Way, Inc.

## **POLK COUNTY Parent Education**

Ten weekly classes that increase Parenting Abilities and Awareness, teach the importance of Values and build Respectful Individuals and Families.

Ongoing Family Support and Parent Development

**CLASSES MEET WEEKLY FOR TWO HOURS EACH. You must attend ALL TEN classes to receive a Certificate and class documentation of participation.**

### **WEST DES MOINES Class Days and Times:**

**EVERY TUESDAY— 6:00 to 8:00 pm & EVERY THURSDAY 12:30 TO 2:30 pm**

**Location: Parenting Way Offices \_ Classroom\_ 1211 Vine Street Suite 2140**

**You must choose either the Tuesday or Thursday Class Schedule**

### **In this Class you will learn:**

1. *Abilities to find solutions through Resources and Services in your Community*
2. *Successful Communication*
3. *Identification of Your Stressors*
4. *ACE'S and past Trauma Factors that can Impact families*
5. *Identification of Your Strengths*
6. *Unconditional Love and Bonding*
7. *Involvement in your Child's School*
8. *Domestic Violence Facts and Effects on Children*
9. *Disciplining your Child without Harm*
10. *Protecting Your Child from a Predator*

**ALL PROGRAMS ARE AT NO COST  
A REFERRAL SHEET IS AVAILABLE IF APPLICABLE.**

**You may register by calling 515-255-9490  
Emailing us at [info@parentingway.org](mailto:info@parentingway.org)  
Online registration is available at [www.parentingway.org](http://www.parentingway.org)**

**This Parent Education Program is funded by the Iowa Department of Human Services  
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Polk County Community Partnerships for Protecting Children (CPPC)**



***Educating Parents for the Health, Safety and Success of Children and Youth***

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