

FOR IMMEDIATE RELEASE:

Clarity Child Guidance Center offering free parenting classes to the public

[Clarity Child Guidance Center](#) is the only nonprofit mental health treatment center on South Texas for kids ages 3 to 17 and their families, to manage conditions ranging from ADHD and anxiety to suicidal ideation, bipolar disorder and/or schizophrenia. Clarity CGC serves all children in need of care, regardless of their family's ability to pay.

Clarity is hosting eight parenting skills classes to empower parents and caregivers with the knowledge and techniques needed to lead their families into a happier, healthier future.

Sessions occur once most months in the school year, and are 1.50 hours long. Every session is a stand-alone class, so caregivers may attend as many or as few as they like. Each session is limited to 20 participants.

- COST:** Free
DATE: No class in December; dates in 2024 TBD
TIME: 5:30 – 7 pm
WHERE: Clarity CGC [Outpatient Building #10](#), 2nd floor - [8535 Tom Slick Dr](#), San Antonio, 78229
WHO: Class will be facilitated by Julia Avila, MA, and Stephanie Wofford, MA
NOTE: RSVPs requested. Plenty of free parking. Childcare is NOT provided.

Topics for parenting skills classes include:

- **Ages & Stages of Development**
 - Discuss the developmental abilities and limitations of different age groups.
 - Reflect on your expectations for your children.
 - Explore common parenting problems and strategies for developmentally appropriate ways to deal with issues.
- **The Brain Science Behind Your Child's Big Feelings**
 - Discuss your personal views on emotions and what you were taught about feelings growing up.
 - Identify the brain science behind children's emotions.
 - Explore how to recognize and respond to tantrums.
- **Effective Communication: How to Talk with Your Child**
 - Discuss family problems that develop due to communication difficulties.
 - Identify communication styles that can contribute to family problems.
 - Practice active and reflective listening skills through role play.
- **Strategies for Responding to Misbehavior**
 - Identify the pros and cons of common discipline methods.
 - Explore strategies for effective parenting that reduces unwanted behaviors.
 - Practice successful ways to encourage wanted/positive behaviors in children.
- **Developing Perseverance with Grit & Grace**
 - Discuss the importance of family time in children's socioemotional development.
 - Learn ways you can build your child's tolerance for daily stressors.
 - Explore ways you can enhance your child's self-esteem (encouragement vs praise).

Call Julia Avila at 210-582-6422 or Stephanie Wofford at 210-593-2155 for more information or to register for a class.