grow your parenting skills

Clarity Child Guidance Center is hosting a sessions of parenting skills classes to empower parents and caregivers with the knowledge and techniques they need to lead their families into a happier, healthier future.

Session topics include:

- Strategies for Responding to Misbehavior
- Developing Perseverance with Grit & Grace
- Effective Communication: How to Talk with Your Child

Sessions occur once per month and are each 1.5 hours long.

Every session is a stand alone class, so caregivers may attend as many or as few as they like.

DATE: Jan 10 | Feb 7 | Mar 13 | Apr 10 | May 8 | 5:30 - 7pm

WHERE: Outpatient Building #10 | 2nd floor

8535 Tom Slick Dr, San Antonio, TX 78229

WHO: This group will be facilitated by Julia Avila, MA, and Stephanie Wofford, MA

COST: FREE

NOTE: Childcare is NOT provided on Clarity's campus. Please make your own arrangements beforehand.

Each session is limited to 20 participants.

Call Julia Avila at 210-582-6422 or Stephanie Wofford at 210-593-2155.

clarity child guidance center
healing young minds & hearts

session topics

Topics for parenting skills classes include:

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).

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.

session dates

Dates for parenting skills classes in spring 2024 are:

- Wednesday, January 10 - Strategies for Responding to Misbehavior
- Wednesday, February 7 - Developing Perseverance with Grit & Grace
- Wednesday, March 13 - Effective Communication
- Wednesday, April 10 - Strategies for Responding to Misbehavior
- Wednesday, May 8 - Developing Perseverance with Grit & Grace