



# Active Parenting School-Aged Course

IF YOU HAVE A CHILD, CHANCES ARE YOU'VE HAD YOUR FAIR SHARE OF CHALLENGING DAYS. JOIN OUR FUN AND INTERACTIVE CLASSES!

Classes available at NO COST TO ORANGE COUNTY parents and caregivers. Class size is limited.

Pre-registration is required.

**Call: Westminster Family Resource Center  
at (714) 903-1331 to pre-register**

For questions, call Educator Phuong at 714.361.4374

Parenting class via Zoom (In English)  
Join us from the comfort of your own home with your smartphone or computer!

**2026 Schedule:**  
**Wednesdays, 6 pm – 8 pm**  
**Jan. 14, 21, 28 | Feb. 4, 11, 18**

## AGENDA

- Session 1 - The Active Parent
- Session 2 - Cooperation & Communication
- Session 3 - Responsibility & Discipline
- Session 4 - Building Courage & Self-Esteem
- Session 5 - Understanding and Redirecting Misbehavior
- Session 6 - Active Parenting for School & Graduation

