

## PARENTING FUNDAMENTALS WINTER 2018 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Edwards Center Young Learners CPC</b> Enero 22 a Marzo 19 4950 S. Laporte 12:30 to 2:30 pm Padres con niños 0-8	<b>Davis School CPC</b> 23 enero a 20 marzo 3050 W. 39 <sup>th</sup> . Place Annex Building 8:30 am – 10:30 am Padres con niños de 0-4	<b>Erie Family Health Center West Town</b> Enero 24 a Marzo 21 1701 W. Superior, 3 <sup>rd</sup> . Floor 10:00 am – 12:00 pm Padres con niños 8-12	<b>Melody CPC</b> January 25 to March 22 3905 W. Wilcox 9:00 am – 11:00 am Parents with children 4 -8
<b>Metropolitan Family Services Learning &amp; Wellness Center</b> January 22 To March 19 5338 S. Loomis 4:00 pm – 6:00 pm Parents with children 0-8	<b>Burke Elementary CPC</b> January 23 to March 20 5356 S. King Dr. 9 am - 11 am Parents with children 4- 8	<b>Earle Elementary School</b> January 24 to March 14 2040 W. 62 <sup>nd</sup> . Street 10:00 am - 12:00 pm Parents with children 13-18 <small>GET IN* CHICAGO</small>	<b>Whole Foods Market Englewood</b> January 25 to March 15 832 W. 63 <sup>rd</sup> Street 10:30 am – 12:30 pm Parents with children 13-18 <small>GET IN* CHICAGO</small>
<b>Erie Family Health Center</b> January 22 To March 19 1285 Hartrey, Evanston 6:00 pm - 8:00 pm Parents with children 8-12	<b>Martin Luther King Jr. Elementary School</b> January 23 to March 13 644 W. 71 <sup>st</sup> . Street 9:00 am - 11 am Parents with children 13-18 <small>GET IN* CHICAGO</small>	<b>Parent University @ Corliss H.S.</b> January 24 to March 14 821 E. 103 <sup>rd</sup> Street 10 am – 12 pm Parents with children 13-18 <small>GET IN* CHICAGO</small>	<b>Carver Park District (Murray Homes/Altgeld Gardens)</b> January 25 to March 15 939 East 132 <sup>nd</sup> . Street 11:00 am - 1:00 pm Parents with children 13–18 <small>GET IN* CHICAGO</small>
	<b>Team Work Englewood US Bank Building 2<sup>nd</sup>. F.</b> January 23 to March 13 815 W. 63 <sup>rd</sup> . Street 10:00 am – 12:00 pm Parents with Children 13-18 <small>GET IN* CHICAGO</small>	<b>Dewey CPC</b> January 24 to March 21 638 W. 54 <sup>th</sup> . St. 1:00 pm – 3:00 pm Padres con niños 4- 8	<b>Metropolitan Family Services-Blue Evanston/Skokie</b> January 25 to March 15 820 Davis Street 6:00 pm – 8:00 pm Parents with children 0-8
	<b>Carver Elementary (Wheatley) (Murray Homes/Altgeld Gardens)</b> January 23 to March 13 801 East 133 <sup>rd</sup> . Place 3:30 pm – 5:30 pm Parents with children 12-18 <small>GET IN* CHICAGO</small>	<b>Metropolitan Family Services Calumet Center</b> January 24 to March 14 235 E. 103 <sup>rd</sup> . Street 5:00 pm -7:00 pm Parents with children 0-8	<b>FRIDAY</b>
	<b>Metropolitan Family Services Palos Hills</b> January 23 to March 13 10537 S. Roberts Road 5:00 pm – 7:00 pm Parents with Children 0-8	<b>Metropolitan Family Services &amp; Lurie Children’s Hospital North Center</b> Enero 24 a April 4 3249 N. Central Ave. 5:00 pm – 7:00 pm Parents with children 0-4	<b>SATURDAY</b>
			<b>Jose de Diego CPC</b> January 26 to March 23 1313 N. Claremont 1:30 pm – 3:30 pm Parents with children 0-4
			<b>Metropolitan Family Services Calumet Center</b> December 2 to February 17 235 East 103 <sup>rd</sup> . Street 10:00 am – 12:00 pm Parents with children 13-18 <small>GET IN* CHICAGO</small>

**Parenting Fundamentals (PF)** offers parents tools and techniques to help their children live fulfilling and productive lives. PF is a comprehensive, evidence-based Parenting Education program that offers classes in English and Spanish to parents with children ages 0-18. The program empowers parents through education to strengthen their families and improve school performance.

Parenting classes are two-hour sessions that teach the importance of parent-child connection, positive parenting skills, effective discipline, support for school success, and self-care for parents. The PF program also provides additional family support and guidance through Home Visits that allow for one-on-one time with the parenting educator to address needs that may be difficult to bring up in class, support parent-child interaction in the home, and assess for other resources families may need. Childcare is provided for children while parents attend the class and refreshments are served.

For classes **NOT** indicated with **Get IN\* Chicago**, there is a sliding scale fee based on the family's income for the class **which starts at \$25** for the entire series. Each participant will be informed of their fee when they call to register. To register for a class, call 773-884-2290.

For more information about the program, please contact Intake at 773-884-2290

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**Fundamentos de Crianza (PF)** ofrece a los padres herramientas y técnicas para ayudar a sus hijos a vivir una vida plena y productiva. PF es un programa educativo integral para padres basado en evidencia, que ofrece clases en inglés y español a padres con niños de 0 a 18 años. Este programa ofrece herramientas a los padres para fortalecer a sus familias y mejorar el rendimiento escolar.

Las clases de padres son sesiones de dos horas que enseñan la importancia de la conexión entre padres e hijos, habilidades positivas para los padres, disciplina efectiva, apoyo para el éxito escolar y cuidado personal para los padres. El programa de PF también brinda apoyo y orientación familiar adicionales a través de visitas a domicilio que permiten un tiempo individual con el educador de padres para atender las necesidades que pueden ser difíciles de discutir en clase, apoyar la interacción entre padres e hijos en el hogar y evaluar recursos que las familias puedan necesitar. Se proporciona cuidado de niños mientras los padres asisten a clase. Se ofrecen refrescos.

Para las clases sin el logo "**Get IN\* Chicago**", tienen un pequeño costo de acuerdo al ingreso de la familia, **iniciándose con \$25** por la serie entera, la cual se le indicará al inscribirse. Si desea inscribirse llame al 773-884-2290.

Para obtener más información sobre el programa, comuníquese con Intake al 773-884-2290