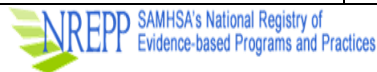




## Parenting Fundamentals Winter 2019 Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Metropolitan Family Services North Center</b> 3249 N Central Ave 6:00pm – 8:00pm Parents with children 0-4 January 28 – March 25 <b>SPANISH</b>	<b>Tioga School</b> 212 Memorial Rd Bensenville IL 5:00pm-7:00pm Parents with children 0-4 January 29 – March 19 <b>School Parents Only</b> <b>SPANISH</b>	<b>Enrico Tonti CPC</b> 5815 S Homan Ave 11.30am – 1.30pm Parents with children 0-8 January 30 – March 20 <b>School Parents Only</b> <b>SPANISH</b>	<b>Hanson Park CPC</b> 2318 N Lorel 9:00am – 11:00am Parents with 4-8 January 31 – March 21 <b>School Parents Only</b> <b>SPANISH</b>	<b>Stevenson Elementary School</b> 8010 s Kostner 9.00am – 11.00am Parents with children 12-18 February 8 – March 29 <b>School Parents Only</b> <b>SPANISH</b>
<b>Metropolitan Family Services Learning &amp; Wellness Center</b> 5338 S. Loomis Blvd 4:00pm-6:00pm Parents with children 0-8 January 28 – March 25	<b>District 130 &amp; 143.5</b> 12300 Greenwood St Blue Island 1:00pm – 3:00pm Parents with children 0-4 January 29 March 19	<b>Harriett Tubman School</b> 333 E 142st Dolton IL 4.00pm – 6.00pm Parents with children 0-4 January 30 – March 20	<b>Metropolitan Family Services</b> Evanston/ Skokie 820 Davis St. 6:00pm-8:00pm Parents with children 0-8 January 31 – March 21	<b>Lincoln Elementary School</b> 410 157 st Calumet City IL 8:30am – 10:30am Parents with Children 4-8 February 8 – March 29
<b>Tioga School</b> 212 Memorial Rd Bensenville IL 5:00pm-7:00pm Parents with children 0-4 January 28 – March 25 <b>School Parents Only</b>	<b>John Fiske CPC</b> 6020 S Langley Ave 8:30am – 10:30am Parents with children 8-12 January 29 – March 19 <b>School Parents Only</b>	<b>Courtenay CPC</b> 4420 N Beacon 8.30am – 10.30am Parents with Children 0-4 January 30 – March 20 <b>School Parent Only</b>		<b>Illinois Action for Children – Ford Heights Early Learning Center</b> 1055 Berkeley Ave. Ford Heights, IL. 9.00am – 11.00am Parents with children 0-4 February 8 – March 29
<b>Childs School</b> 14123 Lydia Robbins IL 4:00pm – 6:00pm Parents with children 4-8 January 28- March 25		<b>Webster CPC</b> 4055 W Arthington 9.00am – 11.00am Parents with children 0-4 January 30 – March 20 <b>School Parents only</b>		



To register please call 773-884-2290 - Fax number 773-282-6698



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