



## Parenting Fundamentals FALL 2019 Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Youth &amp; Opportunity United</b> 1911 Church Street Evanston Parents with Children 8-12 6 pm–8pm Oct 7 – Dec 2 Evanston/ Skokie only SPANISH</p>	<p><b>Evanston Township HighSchool</b> 1600 Dodge, Evanston 6:00pm – 8:00pm Parents with children 12-18 Oct 8 – Nov 26 SPANISH</p>	<p><b>Metropolitan Family Services North Center</b> 3249 N Central Ave 6:00pm – 8:00pm Parents with children 12-18 Oct 9 – Nov 27 SPANISH</p>	<p><b>Eric Family Health Center 1285 Hartrey Evanston</b> Parents with Children 4-8 6:00 pm–8:00pm Oct 10 – Dec 5 SPANISH</p>	<p><b>Illinois Action for Children Chicago Heights</b> 202 S Halsted St. Chicago Heights Parents with children 0-4 9:00am – 11:00am Oct 11 – Dec 6 SPANISH</p>
<p><b>Metropolitan Family Services Learning &amp; Wellness Center</b> 5338 S. Loomis Blvd 4:00pm-6:00pm Parents with children 0-8 Oct 7 – Dec 2</p>	<p><b>Metropolitan Family Services Blue Island</b> 13136 S Western Ave 5:00pm – 7:00pm Parents with children 12-18 Oct 8 – Nov 26</p>	<p><b>Metropolitan Family Services Southeast Center</b> 3062 E 91<sup>st</sup> Chicago 4:00pm – 6:00pm Parents with children 12-18 Oct 9 – Dec 4 SPANISH</p>	<p><b>Metropolitan Family Services Evanston/ Skokie</b> 820 Davis St. 6:00pm-8:00pm Parents with children 0-8 Oct 10 – Dec 5</p>	
<p><b>Joseph E. Hill Education Center District 65 Early Childhood Center</b> 1500 McDaniel Avenue Evanston, IL. 60201 Parents with children 0-4 6:00pm – 8:00pm Oct 7 – Dec 2</p>	<p><b>Illinois Action for Children – Dolton Early Learning Center</b> 729 Engle st Dolton IL 9.00am – 11.00am Parents with children 0-4 Oct 8 – Nov 26</p>	<p><b>MetCalfe</b> 12339 s Normal ave 10:00am- 12:00pm Parents with Children 4-8 Oct 9 – Nov 27 MetCalf Parents Only</p>	<p><b>Metropolitan Family Services Calumet</b> 235 East 103rd Street Chicago 6:00pm-8:00pm Parents with children 8-12 Oct 10 – Dec 5</p>	





**Parenting Fundamentals**

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

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