<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Metropolitan Family Services  
North Center  
3249 N Central Ave  
6:00pm – 8:00pm  
January 27 – March 23  
Parents with children 8-12  
Spanish  
MARIA | Chicago Heights  
202 S. Halsted  
Chicago Heights Il  
9:00am- 11:00am  
January 27 – March 23  
Parents with children 0-4  
January 28 – March 17  
MYRIAM | Johnson School  
252 Rodewood Ave  
Bensenville IL  
5:00pm-7:00pm  
Parents with children 8-12  
January 29 – March 18  
School Parents Only  
Spanish  
MARIA | Metropolitan Family Services  
Evanston/ Skokie  
820 Davis St.  
6:00pm-8:00pm  
Parents with children 0-8  
January 30 – March 19  
MYRIAM | Chicago Heights  
202 S. Halsted  
Chicago Heights Il  
9:00am- 11:00am  
Parents with children 0-4  
January 31 – March 20  
Spanish  
MARIA |
| Metropolitan Family Services  
Learning & Wellness Center  
5338 S. Loomis Blvd  
4:00pm-6:00pm  
January 27 – March 23  
Parents with children 0-8  
ROBERT | Metropolitan Family Services  
Southwest Center  
3062 E 91st, Chicago  
4:00pm – 6:00pm  
January 28 – March 17  
Parents with children 12-18  
ISABEL | Harriett Tubman School  
333 E 142st  
Dolton IL  
4.00pm – 6.00pm  
January 29 – March 18  
Parents with children 0-4  
MYRIAM | Metropolitan Family Services  
Calumet  
235 East 103rd Street  
Chicago  
6:00pm-8:00pm  
Parents with children 8-12  
January 30 – March 19  
ISABEL | Lincoln Elementary School  
410 157 st  
Calumet City IL  
8:30am – 10:30am  
Parents with Children 4-8  
January 31– March 20  
ROBERT |
| Metropolitan Family Services  
Youth & Opportunity United  
333 E 142st  
Dolton IL  
4.00pm – 6.00pm  
January 29 – March 18  
Parents with children 0-4  
MYRIAM | Lincoln Elementary School  
410 157 st  
Calumet City IL  
8:30am – 10:30am  
Parents with Children 4-8  
January 31– March 20  
ROBERT | Youth & Opportunity United  
1911 Church St.  
Evanston, IL  
6:00pm-8:00pm  
January 29 – March 18  
Parents with children 8-12  
ROBERT  
Fathers/Head of household only |  |  |

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

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