



Parenting Fundamentals Spring 2020 Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Metropolitan Family Services Learning & Wellness Center 5338 S. Loomis Blvd 4:00pm-6:00pm Parents with children 0-8 May 04 – June 22</p>	<p>Metropolitan Family Services North Center 3249 N Central Ave 6:00pm – 8:00pm Parents with children 0-8 May 5 – June 16</p>	<p>Metropolitan Family Services Southeast 3062 E. 91 st. Chicago 4:00 – 6:00 pm Parents with children 0-8 May 6 – June 17 SPANISH</p>	<p>Metropolitan Family Services Evanston/Skokie 820 Davis St. 6:00 – 8:00 PM Parents with children 0-8 May 7 – June 18 SPANISH</p>	
	<p>Metropolitan Family Services Blue Island 13136 S. Western Ave. 5:00 – 7:00 PM Parents with children 0-8 May 5 - June 16</p>	<p>Metropolitan Family Services Palos Hills 10537 S. Roberts Rd. 5:00 – 7:00 PM Parents with children 8-12 May 6 – June 17</p>	<p>Metropolitan Family Services Calumet 235 East 103rd. Street Chicago, IL 5:30 – 7:30 PM Parents with children 0-8 May 7 – June 18</p>	
		<p>Metropolitan Family Services Evanston/Skokie 820 Davis St. 6:00pm-8:00pm Parents with children 0-8 May 6 – June 17</p>		



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