



## Parent Talk (Active Parenting Now)

Do you have questions about parenting? Do you want to improve your parenting skills? Are you overwhelmed? If you answered yes to any of these questions, "Parent Talk" may be for you. Happy Families aren't born...They're made one day at a time. Through this video-based program, you will learn the skills that will help you develop cooperation, responsibility and self-esteem in your children, and encourage your children to be their very BEST! You'll also learn positive discipline techniques so you can avoid those all too familiar power struggles. You will be receiving an Active Parenting Certificate upon completion of this course.



**Instructor:** Julie Berube

 	Date	Day	Time	Location
	1/21-3/4	Th	10:00am-12:00pm	Online via Zoom or Learning Center/Room 28



## Stress & Anger Management





Information is Power. Life can be overwhelming these days with school, work, and family. Stress is a fact of life; we need to learn how to manage it. We will learn how to take advantage of the positive and reduce the negative effects of stress!

Anger is one of the most misunderstood over-used human emotions. In this class we will learn how to recognize anger by identifying our anger triggers. We will learn about the three components of anger; the Emotional State, the Expression, and the Understanding. This class will increase your knowledge about how anger affects you. You will learn new ways to cope with anger and set goals to manage

anger more effectively. Learning how to manage stress and anger is a way of taking control of your life. It is also a way of staying healthy and happy. Students need to be 18 or older.

**Instructor:** Julie Berube

 	Date	Day	Time	Location
	1/25-5/17	M	10:00am-12:00pm	Online via Zoom OR Learning Center/Room 28
No class 2/15 and 4/19				

## Family Story Hour

The family story hour will provide a welcoming and fun environment to listen to stories, participate in great themed activities with your children, and have a snack together. Family story hour is a wonderful opportunity for parents and children to spend time together (PACT). Come and introduce your child/children to really great books and a love of reading. Special guest readers and surprise hosts are scheduled throughout the year.



**Instructor:** Julie Berube



**Will be available on YouTube and Facebook. Watch for notifications.**

Feb. 10, April 14, and June 16

Julie has been Biddeford Adult Education's First Teachers Family Literacy coordinator for 20 years. She has an abundance of compassion and love of children. She provides life-long learning for parents and children by improving parenting skills, increasing literacy skills, and providing new educational opportunities for the families. She supports early childhood education by modeling for parents and service providers' pre-literacy skills through the provision of resources with no limitations on financial status or educational level.