



## Creative Play Class I

Parents with children ages 0-3 are invited to join this exciting and active class.

We have created an environment in which children and parents can experience

new literacy rich activities together through books, music, games, puppet play, and child directed play. Our goal is to provide a space and forum for parents and children to spend time playing and learning together. We invite new participants every week. Come play, learn, and explore with us!

**Instructor:** Julie Berube



Date	Day	Time	Location
1/19-6/8	W	1:00pm-2:00pm	Learning Center/Rm 28
No class 2/23 and 4/20			



Please call Julie to confirm these classes are running. Because of COVID restrictions, we want everyone - especially our young ones, to be safe!

## Creative Play Class II

For parents with children ages 3-5, this program will have more of an academic feel. Parents and children will explore the alphabet together. This class will be filled with lots of art projects, painting, cooking, music, and really great books. Our goal is to provide a space and forum for parents and children to have a great time together and develop a love for lifelong learning. We invite new participants every week. Come play, learn, and explore with us!

**Instructor:** Julie Berube



Date	Day	Time	Location
1/20-6/9	Th	1:00pm-2:30pm	Learning Center/Room 28
No class 2/24 and 4/21			




Julie has been Biddeford Adult Education's First Teachers Family Literacy coordinator for over 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.



### 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
	1/20-3/17	Th	10:00am-12:00pm	Learning Center/Room 28
	No class 2/24 and 4/21			



### 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
	1/24-5/16	M	10:00am-12:00pm	Learning Center/Room 28
	No class 2/21 and 4/18			

### 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

	Dates	Day	Time	Location
	2/16 and 4/13	W	6:00pm-7:30pm	A Link Will Be Provided for Online Viewing