



# Parents by Choice

2529 W. March Lane, Suite 205 Stockton, CA 95207

## 2021 Positive Parenting Program

### Free Classes

*All Classes will be held online through Zoom*

#### 0-12 Triple P

For Parents or caregivers of children 0 – 12 years old

Every **Tuesdays and Thursdays**

Dates: January 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, and 21<sup>st</sup>.

Time: **12:00PM – 1:30PM**

In Spanish Class: Every **Tuesdays and Thursdays**

Dates: January 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, and 21<sup>st</sup>.

Time: **3:30PM – 5:00PM**

#### Teen Triple P

For parents or caregivers of preteens and teenagers.

Class: Every **Tuesday and Thursday**

Dates: January 5<sup>th</sup>, 7<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, and 21<sup>st</sup>.

Time: **4:00PM – 5:30PM**

#### Pathways Triple P

Parents who are experiencing stress and can benefit from stress and anger management techniques to improve their ability to cope with raising children.

In Spanish Class: Every **Wednesday**

Dates: January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, February 3<sup>rd</sup>, and 10<sup>th</sup>.

Time: **3:30PM – 5:00PM**

Every **Tuesdays and Thursdays**

Dates: January 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup> and 28<sup>th</sup>.

Time: **12:30PM – 2:00PM**

#### Co-Parenting Triple P

For parents who are experiencing distress from separation or divorce.

Every **Mondays and Wednesday**

Dates: January 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup>.

Time: **3:30 PM – 5:00PM**

Every **Mondays and Wednesday**

Dates: January 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup>.

Time: **5:30 PM – 7:00PM**

Every **Friday**

Dates: January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>th</sup>, 29<sup>th</sup>, February 5<sup>th</sup> and 12<sup>th</sup>.

Time: **11:00 AM – 12:30 PM**

To register contact the Triple P Program or register online

[www.parentsbychoice.net/positiveparenting](http://www.parentsbychoice.net/positiveparenting).

**(209) 949-0658**



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## 2021 Programa de Crianza Positiva

### *Clases Gratis*

*Todas las clases se llevarán a cabo en línea a través de Zoom*

#### 0-12 Triple P

Para padres y cuidadores de niños de edades 0 – 12 años

Todos los: **Martes y Jueves**

Fechas: Enero 5, 7, 12, 14, 19, and 21.

Tiempo: **3:30PM – 5:00PM**

#### Nuevos Caminos Triple P

Padres que están pasando por estrés y pueden beneficiarse de técnicas para el manejo del estrés y la ira para mejorar su capacidad de afrontar la crianza de sus hijos

Todo los: **Miércoles**

Fechas: Enero 6, 13, 20, 27, Febrero 3, y 10.

Tiempo: **3:30PM – 5:00PM**

#### Co-Crianza Triple P

Para los padres que están sufriendo por la separación o el divorcio.

Las clases de Co-crianza en ESPAÑOL se determinarán dependiendo en la cantidad de participantes que llamen para inscribirse. Por favor de llamar si está interesado en las clases de Co-Crianza para que le apartamos su lugar.

Para registrarse contacte al Programa Triple P o regístrese en línea

[www.parentsbychoice.net/positiveparenting](http://www.parentsbychoice.net/positiveparenting).

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