

PARENTING

kids, tweens and teens

Benchmarks and Problem Solving

From the Family Life Education Dept of Edmonds College

Join Our Supportive Parenting Community

A weekly class where caregivers come together to share their challenges and wins. The instructors bring research based strategies and practical ideas to support families as they progress through all the wonders and stresses of parenting kids, tweens, and teens.

FRIDAYS 12:30-1:30

Meets Online

Fall Kick Off 8/25

Fall Quarter Starts 9/17

2 Credit Class at Edmonds College

Possible Topics:

- Fostering Independence
- Positive Discipline
- Adolescent Development
- Friendships and Peer Relationships
- Executive Function, Schoolwork and Homework
- Maintaining Positive Relationships within the Family

We admit students of any race, color, national and ethnic origins to all the rights, privileges, programs and activities generally accorded or made available to students at our schools. We do not discriminate on the basis of race, color, national and ethnic origin in administration of our educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered policies.

Your Instructors

Heather Araki and Bekki Lyon

As Parent Educators, Heather and Bekki focus on coaching and supporting parents in all stages, Using their experience as classroom teachers, instructors for FLED and as cooperative parents themselves, Heather and Bekki's mission is to help you find confidence in your parenting.

Email

FLED@edcc.edu

for more information
and to register

\$85 for the Fall Class



EDMONDS COLLEGE
FAMILY LIFE
EDUCATION