

## PARENTING COURSE SCHEDULE

HURRICAN HIGH SCHOOL

THURSDAYS 7- 8 PM

KOLOB LECTURE HALL

**THURMON THOMAS**

(435) 688-1111

<b>SESSION ONE</b>	
Aug 22	Recognizing Emotions
Aug 29	Tuning into Your Child
Sep 5	Connecting with Your Child
Sep 12	In the Moment
Sep 19	All About Listening
Sep 26	Empathy & Validation
Oct 3	Naming Emotions
Oct 10	Understanding Feelings
Oct 24	Finding Solutions
Nov 7	Problem Solving
<b>SESSION TWO</b>	
Nov 14	Recognizing Emotions
Nov 21	Tuning into Your Child
Dec 5	Connecting with Your Child
Dec 12	In the Moment
Jan 9	All About Listening
Jan 16	Empathy & Validation
Jan 23	Naming Emotions
Jan 30	Understanding Feelings
Feb 6	Finding Solutions
Feb 13	Problem Solving
<b>SESSION THREE</b>	
Feb 20	Recognizing Emotions
Feb 27	Tuning into Your Child
Mar 5	Connecting with Your Child
Mar 12	In the Moment
Mar 26	All About Listening
Apr 2	Empathy & Validation
Apr 16	Naming Emotions
Apr 23	Understanding Feelings
Apr 30	Finding Solutions
May 7	Problem Solving