

PARENTING COURSE SCHEDULE

PINE VIEW HIGH SCHOOL

WEDNESDAYS 7- 8 PM

LECTURE HALL

Angel Naivalu

(435) 688-1111

SESSION ONE	
Aug 21	Recognizing Emotions
Aug 28	Tuning into Your Child
Sep 4	Connecting with Your Child
Sep 11	In the Moment
Sep 18	All About Listening
Sep 25	Empathy & Validation
Oct 2	Naming Emotions
Oct 9	Understanding Feelings
Oct 23	Finding Solutions
Oct 30	Problem Solving
SESSION TWO	
Nov 6	Recognizing Emotions
Nov 13	Tuning into Your Child
Nov 20	Connecting with Your Child
Dec 4	In the Moment
Dec 11	All About Listening
Jan 15	Empathy & Validation
Jan 22	Naming Emotions
Jan 29	Understanding Feelings
Feb 5	Finding Solutions
Feb 12	Problem Solving
SESSION THREE	
Feb 19	Recognizing Emotions
Feb 26	Tuning into Your Child
Mar 4	Connecting with Your Child
Mar 11	In the Moment
Mar 25	All About Listening
Apr 1	Empathy & Validation
Apr 8	Naming Emotions
Apr 15	Understanding Feelings
Apr 22	Finding Solutions
Apr 29	Problem Solving