



PARENTS

Providing Awareness Referrals Education Nurturing Therapy Support

... Where hope is in the home

Confident Parenting Classes



Class Locations

Monday Evenings

6:30pm - 8:30pm
Waianae

Wednesday Evenings

6:30pm - 8:30pm
Salt Lake

Saturday Mornings

9:00am - 11:00am
Kaneohe

Class Topics Include:

- Child Development
- Positive Discipline
- Engaging Cooperation
- Reducing Power Struggles
- Child Safety
- Nutrition & Exercise
- Encouraging Your Children's Self-Esteem
- Communicating with Children
- Stress & Anger Management

Complete the entire 9 week, 18 hour course and receive a signed certificate of completion!

P.A.R.E.N.T.S., Inc.

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Registration

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