



Positive Parenting Class Spring 2009

Preschool Tuesday April 21st—June 2nd
School Age Wednesday April 22nd—June 3rd
Teenage Thursday April 23rd—June 4th

Classes are held at AVCS
They are held in the evening from 7:15 –9:15 pm

working to promote emotional well being

ALMADEN VALLEY COUNSELING SERVICE

Are you ready to **STEP** up to the challenge of parenting?

If the answer is YES, join a 7-week class based on the **Systematic Training for Effective Parenting STEP** model. You will learn:

- Understanding Yourself and Your Child
- How to build self-esteem and responsibility
- How to talk so children will listen and listen so children will talk
- Encouraging Cooperation and Problem Solving
- How to implement discipline vs. punishment
- How to resolve conflicts so everyone wins
- Choosing Your Approach

**ALMADEN VALLEY
COUNSELING SERVICE**
6529 Crown Blvd., Suite D
San Jose, CA 95120

Phone: 408-997-0200
Fax: 408-997-0711
Email:
staff@avcounseling.org

Registration Form

Class size is limited, Pre-Registration is required.

Cost: \$110 per person or \$165 per couple

Send check (*payable to AVCS*) and this registration form to:
AVCS / 6529 Crown Blvd., Suite D / San Jose, CA 95120

Name _____
Address _____
City/Zip _____

Home Phone _____
Work Phone _____
Cell Phone _____

Sign up for:

- Teen Class
 School-Age Class
 Pre-School Class

How did you hear about our classes? _____

Age of child/children _____