

EPIC'S ACTIVE PARENTING CLASSES:

DURING THE COVID PANDEMIC, ALL GROUPS OR INDIVIDUAL EDUCATION CLASSES WILL BE HELD VIA ZOOM ONLINE

PARENTING EDUCATION FOR PARENTS OF CHILDREN AGES 0-5: MONDAY 5 PM

PARENTING EDUCATION FOR PARENTS OF MIDDLE YEARS 6-12: TUESDAY 5 PM

PARENTING EDUCATION FOR PARENTS OF TEENAGERS 13-18: WEDNESDAY 5 PM



WHAT IS ACTIVE PARENTING?

A comprehensive parenting program helping parents raise responsible, cooperative children who are able to resist negative peer pressure and thrive.

- Classes held in 4-6 week programs with a Prevention Educator
- Group or individual classes available

YOU WILL LEARN

- Improved communication & problem-solving skills
- How to prevent future use of tobacco, alcohol and other drugs
- Brain development in children & styles of parenting
- The power of encouragement



REGISTER TODAY!

**Contact Kathy Estes, EPIC Behavioral Healthcare
at (904) 829-2273 ext. 7035 or kestes@epicbh.org**

Classes held on ZOOM

Funded by LSF Health Systems & St. Johns County Health & Human Services