

Free Parenting Classes in Anderson County!

Where:

Helen Ross McNabb Center
158 Fairbank Road
Oak Ridge, TN 37830

When:

Mondays: 10am-12pm
Wednesdays: 4pm-6pm

One hour will be spent addressing each of these topics:

- Introduction to Nurturing Parenting and Responsibility
- Bonding with your child, understanding Values and Traditions
- Dealing with adult Stress and Anger Management
- Helping your child deal with Anger
- Using discipline to teach, guide, lead, model, and encourage
- Talking to your child about Relationships, Sex, and Feelings
- Keeping your child safe
- Child development and Expectations
- Supporting your child's Educational Development, Bullying, and Empathy
- Encouraging Self-worth and Self-Esteem
- Problem Solving and Communication

Additional Information:

- This course meets DCS and juvenile court requirements for parent education.
- Participants must attend six class sessions (12 hours) in order to receive a certificate of completion.
- Childcare is *not* provided.
- The class is offered on an ongoing basis, so participants may begin at any time.



**Helen Ross
McNabb Center**



Contact Scott Pearson for more information:

Scott.pearson@mcnabb.org · 865-523-8695 x 1149 · www.mcnabbcenter.org

