

## Education Center Topics

### Classes held in Education Center

#### ***Essentials of Successful Parenting:***

- Love & Stability
- Time Together
- Inspire & Challenge
- Positive Discipline
- Safety & Health

#### ***SOLVE Parenting Problems:***

- How to respond to problems calmly, positively and effectively.
- Which behaviors are “normal” for their child’s developmental stage?
- Skills for curtailing temper tantrums, hitting, and other misbehaviors.
- Techniques for disciplining in public.
- Alternatives to spanking and yelling.
- Anger Management and abuse prevention.
- Toilet teaching tips.
- How to apply the method to their own challenges with the Guided Problem Solving Exercise.

#### ***Healthy Relationships: - English/Spanish***

- Identify the different types of abuse.
- Understand the dynamics of domestic violence.
- Understand that domestic violence is not their fault.
- Learn the signs of an unhealthy relationship.
- Learn how to set boundaries and expectations in a relationship.
- Learn how to increase their self esteem and communicate in a healthy way.
- Learn healthy problem solving and coping skills.

#### ***Love Thinks/PICK Program: John Van Epp***

- Difficult Partners Come in Both Genders.
- Warning Signs of Difficult Partners.
- Three Changes that Impact Dating.
- Two Purposes of the PICK Program.
- How the RAM Explains Relationships.
- Five Key Areas to Grow to Know.

#### ***Financial Peace University: Dave Ramsey***

- Super Savings: “Common Sense for your Dollars and Cents”.
- Relating with Money “Nerds and Free Spirit Unite.”
- Cash Flow Planning “The nuts and bolts of budgeting”.
- Dumping Debt “Breaking the chains of debt”.
- Credit Sharks in Suits “Understanding credit bureaus and collection practices.”
- Buyer Beware “The power of marketing on your buyer decisions.”
- Clause and Effect “The role of insurance in your financial plan.”
- That’s not good enough “How to buy only Big, Big Bargains”.
- Of Mice and Mutual Funds “understanding Investments”.
- From Fruition to Tuition “Planning for retirement and college”.
- Working in Your Strengths “Careers and extra Jobs”.
- Real Estates and Mortgages “Keeping the American dream from becoming a Nightmare.”
- The Great Misunderstanding “Unleashing the power of generous giving”.

#### ***Future Classes:***

- Safety Starts at Home- English/ Spanish
- Art of Competitive Job Search/ Russ Hadick, Curriculum /meeting scheduled on Tuesday 3/12 with instructor from New Hope
- Shopping on a Shoestring

### Classes held at Center Pointe Community Church

#### ***Pre-Natal Classes:***

- Infant Care
- Labor & Delivery
- Breast Feeding
- Nutrition/Pre-Natal Care
- Post Partum Care
- Parenting and Life Management
- Car Seat Safety
- Infant & Child First Aid