

Parenting can be tough. AACC is here to help.



Parenting One-on-One courses are designed to allow students the flexibility to arrange parenting courses around their busy schedules and to allow for a more personalized approach. Courses available in Spanish. For information contact The Parenting Center at **410-777-2159** or parenting@aacc.edu.

MANAGING ANGER IN FAMILY LIFE: ONE-ON-ONE (TPC-323)

Learn the origins of problem anger in the home. Practice methods to expressing anger. Learn to channel energy into productive thoughts, feelings and behaviors. Explore ways to develop inner peace and cultivate interpersonal skills.

CEUs issued.
Cost: \$350 includes \$22 fee.

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP): ONE-ON-ONE (TPC-324)

Learn the principles of this parent education curriculum through individual instruction. Focus on child-rearing issues, parent-child communication and discipline methods. Gain training to improve family cooperation and lessen parent-child conflicts.

CEUs issued.
Cost: \$350 includes \$22 fee.

PARENTING THROUGH SEPARATION AND DIVORCE: ONE-ON-ONE (TPC-325)

Learn to shield children from the parental conflict associated with divorce or separation. Discover tools for managing anger, negotiating peacefully and creating an effective, child-focused, co-parenting plan.

CEUs issued.
Cost: \$350 includes \$22 fee.

THE EXPLOSIVE CHILD: ONE-ON-ONE (TPC-356)

Discover ways to direct children away from explosive episodes. Explore why traditional discipline strategies often don't work with behaviorally challenged children. Review the concepts of lagging skills and unsolved problems. Practice collaborative problem solving strategies. CEUs issued.

Cost: \$350 includes \$22 fee.

RULES, ROUTINES AND RITUALS: ONE-ON-ONE (TPC-357)

Receive individual instruction on establishing rules, routines and rituals that provide the predictability and structure children crave. Discuss how relationships can be improved by creating meaningful rituals. Discover how rules, routines and rituals are linked to childhood resiliency.

CEUs issued.
Cost: \$350 includes \$22 fee.

Looking for one-on-one support but don't see a course that meets your needs? Call The Parenting Center at **410-777-2159**. Our team of highly qualified parent educators can create customized programming to help parents overcome parenting challenges.

