



Parent Empowerment Classes

- All classes are FREE
- Classes are for parents of children, ages 0-5
- Light refreshments served
- Free child care provided for children, ages 1-8

Stress & Family Conflict

Thursday, January 16, 2020

St. Stephen Child Care
1525 North Davis Street
Jacksonville, FL 32209
5:00 - 6:30 PM

Understanding Feelings

Thursday, February 20, 2020

Parson's Little Scholars
6505 Fort Caroline Road
Jacksonville, FL 32277
6:00 – 7:30 PM

Building Self Worth

Wednesday, February 5, 2020

Lane Avenue Child
Development Center
1650 Lane Avenue South
Jacksonville, FL 32210
6:00 – 7:30 PM

Building Your Child's Brain

Tuesday, March 17, 2020

His Kids Daycare and Learning Center
8376 Normandy Boulevard
Jacksonville, FL 32221
6:15– 7:45 PM

Successful Parenting

Thursday, February 13, 2020

Parks' Place Daycare &
Learning Center
5500 Shindler Drive
Jacksonville, FL 32222
6:15 - 7:45 PM

**Class descriptions
are on the back!**

GET A FREE LEARNING KIT FOR YOUR CHILD!



Early
Learning
Coalition of Duval

For more information or to register, contact Jeanine Davis at (904) 208-2040,
Ext. 220 or via email at: jdavis@elcduval.org

Training Descriptions

Stress & Family Conflict

Are you stressed out? Are you dealing with conflict? If you answered “yes”, then this workshop is for you. During this workshop, you will learn the difference types of stress and the effects that stress have on our bodies and our children. We will also discuss strategies on how to handle family conflict.

Building Self Worth

People with high self-worth generally treat themselves, others and the environment with respect. Children with high self-worth tend to do better in school, make better choices and have more success in life. If you are interested in learning how to increase your and your child’s self-worth, this workshop is for you!

Successful Parenting

Children are not born with instruction manuals that explain how to be a parent, and how to raise a child! In this interactive class we will identify and discuss our parenting styles and how to make our style work for us. Also using Maslow’s Hierarchy of Needs Pyramid, we will identify children’s basic, social, and emotional needs and how we can best meet them.

Understanding Feelings

Caring for growing children is a sensitive task which required patience and attendance to the child’s wide range of emotions. This workshop reviews keys to understanding a child’s feelings and helpful strategies to help children manage their feelings.

Building Your Child’s Brain

Did you know that by age 5 your child’s brain is almost fully developed? The early years, primarily birth to age 5, are very important because during this time the majority of brain connections are being made. In this engaging workshop, we will identify strategies for enhancing your child’s optimal learning and development.