



College 101

Preparing for college can be an overwhelming experience for students as well as their family adults. College 101 is a class that will help prepare families for that college search experience. You will learn what to consider when your child is selecting a college, what to expect during the application process, including test and essay requirements and interviews, along with lots of helpful information regarding ways to help cover the high cost of secondary education.

What Can Yoga Do For Me?

Participants will gain a basic knowledge of what yoga is as well as potential health benefits. Basic yoga postures will be reviewed and practiced in the class. Participants should be free from injury and able to participate in light physical activities. Bringing a mat or towel is strongly suggested.

Eat Healthy, Be Active

Designed for adults who want to lose weight and become more active, this class teaches practical steps that can lead to a better you!

Common Sense Parenting- It Doesn't Have to be so Complicated!

Common Sense Parenting is a practical class that provides easy-to-learn techniques to help with today's parenting challenges. This class will help family adults learn how to build strong, healthy relationships with their children, correct and change a child's challenging behaviors, minimize problems that disrupt family life, and raise responsible, caring children.

Abracadabra! Magically Managing Your Child's Behavior

Learn how to use your magic wand to create a perfect, well-behaved child. Okay, so maybe not an actual magic wand, and maybe not a perfect child, but we can help by sharing with you ten rules for improving child behavior along with some special techniques and strategies for use with young children to help bring peace and harmony magically into your home.

Relationship Violence and Bullying

This class is designed to familiarize family adults with the Katie Brown Educational Program which focuses on relationship violence, bullying and the statistics relating to each. Participants will receive tips on how to talk to their children about bullying as well as how to help their child if bullying should occur. As a special bonus, children, ages 6-11, can attend a separate and similar training during this same class time period.