Tuesday Night Classes (Beginning January 15th)

Autism Spectrum Disorders (ASD) Parenting Supports
This six-week class/support group will focus on specialized strategies and techniques for parents to use with a child diagnosed with High-Functioning Autism, Asperger’s, or Pervasive Developmental Disorder (PDD-NOS).

Super Heroes Children’s Group (Grades 3rd-6th)
Each session provides practice of one social skill through a variety of group activities, including: Superhero Video instruction, video peer modeling, role-playing, structured games, and Superhero social stories. Class size is limited. Parent enrollment in the ASD Parenting Supports Class is recommended and encouraged.

Effective Parenting (PBIS for Parents)
This is a class for parents and caregivers only. The focus of this class is to provide parents with positive parenting strategies that have proven successful with children in the home environment.

Banana Splits- Divorce Class for Kids (Grades 3rd-6th)
This group will help children better understand and cope with the changes in their lives while going through or following divorce. Through hands-on activities, role-play, and supportive group discussions, they will develop and practice important skills they will need to be happy and successful.

Wednesday Night Classes (Beginning January 16th)

ADHD Parenting
This class is a MUST for families struggling with understanding and parenting children with ADHD. This is a parent or caregiver only class. This class will cover symptoms of ADHD, difficult parenting issues, interventions in the home and school for ADHD children, school communication, and resources available in the community. This class is appropriate for parents with children already diagnosed with ADHD as well as those who have a family history or suspect their child has ADHD.

Stress Management for Elementary Students (Grades 2nd-5th)
This class is designed to teach a variety of specific and helpful strategies around the area of stress management, relaxation, and mindfulness. Participants will learn specific skills with plenty of practice time during class.