

# ☆ ☆ PARENTING COURSES ☆ ☆

Many parents want to “fix” the problems they have with their teenagers. The truth is that you can’t fix your teenager. You can’t make your teenager do anything. What you can do is work on your relationship with your teenager. You can start to build a positive atmosphere for dealing with problems. You can change the way you communicate. As you begin to change your approach, your relationship with your teenager is likely to start to change as well. Change must start with you. You are the only person you can change. Being a parent takes skill. You can learn, practice, and improve your parenting skills. There are resources available for help.

## ACCI

A mail order home study program. Available in both Spanish or English; requires 30 days to complete. Go to [www.lifeskillslink.com](http://www.lifeskillslink.com) to enroll and pay fees. Contact DCFS at 652-2981 for questions. Fee \$65

## Pine View High School

2850 E. 750 N., St. George (Main doors on East side) 628-5256 opt. 1  
Various courses offered throughout the school year. Three classes are currently offered: *a basics parenting class, parenting teens, and blended families*. Classes are taught by Steve Allred. You may join at any time. No pre-registration required. Schedule: Tuesdays at 6:30 P.M.; call to verify Fee: None

## Southwest Behavioral Health Center

474 W. 200 N., St. George 634.5604  
*Parenting Wisely*. Computer Based, can be completed in 3 to 4 hours, can be completed with children present, separate course for children and teens. Pre-registration is required. Contact Sara for questions and to pre-register. Call to schedule. Fee: Free [www.SouthwestPrevention.com](http://www.SouthwestPrevention.com)

## Stepfamily Education Classes at The Learning Center for Families

435-373-5353 Ext 127  
Classes are for the whole family, separate classes for parents and kids (childcare provided for age 5 and under). Dinner is provided. Pre-registration is required. Schedule: Wednesdays, 5:30 to 8:00pm Call to register. Fee: Free

## Turning Leaf Wellness Center

1240 E. 100 S. Bldg. 22, Room 121 St. George, 652-1202  
*Value Based Parenting* is an 8 week course that continues year round. You may join at any time. An evaluation is required of court ordered before starting the course. Visit [www.turningleafwellnesscenter.com](http://www.turningleafwellnesscenter.com) for more details. Schedule: Tuesdays, 5:30-7:00 P.M.; call to verify Fee: \$10/individual or \$15/ couple per week; \$40 for evaluation

## Washington County School District / Family Resource Center

15 S. 100 W. #101, St. George, 673-3553 ext 358  
*Strengthening Families*, a 7-week course for parents and children with dinner provided, offered 2-4x per year  
*Guiding Good Choices* is facilitated several times during the school year in various schools. For information contact [mbfuller@admin.washk12.org](mailto:mbfuller@admin.washk12.org) (Mary Beth Fuller)

## Washington County Youth Crisis Center

251 E. 200 N., St. George, 656-6100  
*Strengthening Families Course*. Will be offered twice per year. Call for class times and dates. Fee: None

## **Family Support Center of Washington County**

FREE childcare is provided for parenting class participants.  
Monday- Friday  
1:00 P.M.- 9:00 P.M.  
(up to 3 hours)

Call to Register  
674-5133  
773-0585 or 773-0584  
310 W. 200 N. St. George

*123 Magic* parenting course for children under 12. Held at the Children’s Justice Center Wed. from 5:30-7:00 P.M.



## ☆ Recommended Reading: ☆

### Parenting Teenagers

Dinkmeyer, Mckay, and Dinkmeyer  
ISBN # 0-812-93014-2 \$9.99

### Why do they act that way: A survival guide to the adolescent brain for you and your teen

David Walsh  
ISBN # 0743260775 \$5.00

☆ You may also contact your nearest school to see if they offer a parenting course.