

Cumberland County DSS Fall Classes

(Oct - Dec 2021)

**Open to the public
regardless of registrant's
county.**

**For questions, please call
(910) 677-2934
or (910) 396-5521**

To ensure the safety of staff and guests, all individuals, regardless of vaccination status, must wear facial coverings while in our facilities.

Active Parenting First Five Years

Oct 12 and 14: 1pm - 4pm

Your child's first years are so important, don't you agree? This class will help you make the most of them by showing you ways to nurture your child with a combination of freedom and nonviolent discipline. This course looks at each stage of development and how you can better interact and understand your child's natural curiosity and creativity at each stage. The course also covers understanding tantrums, encouraging good behavior, instilling consequences and how to prepare your children for school success.

Active Parenting of Teens

Nov 1 and 3: 9am - 12pm

Dec 7 and 9: 9am - 12pm

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. Active Parenting of Teens provides the guidance and support necessary to turn those challenges into opportunities for growth. In the class participants will learn methods of discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent.

Co-Parenting of Divorce and Custody

Oct 6 and 8: 9am - 12pm

Nov 22 and 24: 1pm - 4pm

Dec 14 and 16: 9am - 12pm

This two-session course teaches parents who reside separately how to raise their children cooperatively and more effectively with one another by focusing on the best interests of the children. Attendees will learn the benefits of separating personal conflicts from their role as parents and discuss visitation boundaries, the economic impact and responsibility of co-parenting as well as how to talk to children about divorce and separation.

Positive Discipline

Oct 19 and 21: 9am - 12pm

Nov 16 and 18: 1pm - 4pm

This class teaches parents to help their children develop a sense of responsibility, self-discipline, creative cooperation and problem-solving skills. Attendees learn how to defuse power struggles, promote open communication and empower their children to be accountable for their own actions and choices.

ScreamFree Parenting

Oct 25 and 27: 1pm - 5pm

ScreamFree Parenting is not just about lowering your voice but also raising your integrity as a parent. It's about learning to calm your emotional response and focus on your own behavior. By staying cool, calm and connected with your children, you begin to operate less through emotions and more from values and principles.

**Register by scanning the QR code or
visiting the link provided.**



FortBraggACSFAP.TimeTap.com

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Twitter and Instagram @FortBraggACS

Bragg.ArmyMWR.com/Programs/ACS

"Fort Bragg ACS" Mobile App (Android/iOS)

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