



# Systematic Training for Effective Parenting

## **Once a Week Classes from 6 pm to 8 pm:**

Once a week classes from 6 pm to 8 pm:  
Wednesday - Feb. 22, 2023 to April 5, 2023  
Wednesday - April 12, 2023 to May 24, 2023  
Wednesday - May 31, 2023 to July 12, 2023  
Wednesday - July 19, 2023 to Aug. 30, 2023  
Wednesday - Sept. 6, 2023 to Oct. 18, 2023  
Wednesday - Oct. 25, 2023 to Dec. 6, 2023

## **Twice a Week Monday and Thursday Fast Track Classes from 6 pm to 8 pm:**

March 6, 2023 to March 27, 2023  
April 3, 2023 to April 24, 2023  
May 1, 2023 to May 22, 2023  
June 5, 2023 to June 26, 2023  
July 10, 2023 to July 31, 2023  
August 7, 2023 to August 28, 2023  
September 11, 2023 to October 2, 2023  
October 9, 2023 to October 30, 2023  
November 6, 2023 to November 27, 2023

All classes will be held from 6:00 pm to 8:00 pm

## **Court Approved Parenting Classes held via Video Conferencing**

Funded in part by the County of San Diego Health and Human Services Agency. This is not a school or district sponsored event.

There are two types of classes:  
The once-a-week classes are held for 7 weeks on Wednesdays.  
Fast Track classes will be held 2 times a week on Mondays and Thursdays for 7 sessions.



Call Luz Alarcon to  
register at:  
(619) 203-2108  
Pre-registration is  
required

- After finishing this 7-session course, you will:
- ✓ Receive a completion certificate
  - ✓ Fulfill court and other requirements under the Welfare and Institution Code
  - ✓ Have a better understanding of your child's behavior and make steps toward building a happy home