

PARENTING CLASSES

CLASSES IN PARENTING AND CO-PARENTING

The AJ Novick Group, Inc. has been offering anger management and parenting classes for court and probation requirements as well as for self-growth for many years. We offer weekly parenting classes at our Laguna Beach based office every Thursday evening at 7:00pm. All participants will receive materials for the class when they arrive. We offer 8, 10, 12, 22 and up to 52 week parenting and co-parenting classes. Call (949) 715-2694 to register, or simply show up on any Thursday evening at 7pm. All classes have open enrollment!



Weekly Parenting and Co-Parenting Class Information:

Cost: \$50 to enroll, \$35 per class and \$30 for the required workbook (we will provide it to you the first night of class). Proof of Enrollment is also provided. A Certificate of Completion is given at the end of the last class.

Register: Call our office to start (949) 715-2694

When: Every Thursday at 7pm, start any week you wish. Just show up 5 minutes before class and you can get started!

Where: AJ Novick Group, Inc., 333 Third Street, Suite 4, Laguna Beach, CA 92651

One/One Sessions are available.

For more information, contact Ari Novick, Ph.D.

www.AJNOVICKGROUP.com

Parents can expect to learn skills in the following areas:

- Assertive Communication for Parents
- Parenting Basics
- Stress Management
- Understanding Your Child
- Empathy training for Parenting and Co-parents
- Anger and Conflict resolution
- Parenting styles and Loving Your Children
- Boundary and limit setting
- Co-parenting Teamwork/Challenges
- Co-parenting plan
- Role Modeling
- Rewards and Discipline for children
- Children and Divorce
- Step-family Dynamics
- Co-Parenting, Step-Parenting and Single Parenting
- Avoiding Parenting Mistakes



We will provide a certificate of completion at the end of the program.

Progress report are available as well as a "proof of enrollment" form.



Parents will learn skills to become the best parent possible as well as improve relationships with others.



AJ NOVICK GROUP, INC.

PSYCHOTHERAPY, ANGER MANAGEMENT, PARENTING,
EXECUTIVE COACHING, ONLINE EDUCATION CLASSES

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