

Parenting Education at BTC

Supporting and connecting families through education

Parents:
Sign up for
Fall 2017
classes!



Baby Connections

Baby 'N' Me (1-7 months)

The early months of parenting are filled with extremes—from sheer joy to incredible sleep deprivation. This class offers a safe, inviting, relaxed atmosphere where you can meet other parents/caregivers, build relationships and find answers to your questions.

Item#: 8110 **M 9/18-11/6** **Read**
Location: FCC 33 **1:00p-3:00p** **\$91.83**

Baby 'N' Me (8-12 months)

As your children transition from infancy, the parenting issues you face change. Adults choose discussion topics such as emerging language, safety, nutrition, and beginning discipline as babies explore.

Item#: 8115 **W 9/20-11/8** **Read**
Location: FCC 33 **1:00p-3:00p** **\$91.83**

Moms, Dads & Babies

Starting a new family is joyful and often stressful. Here is a chance for moms and dads to share with other parents/caregivers in a safe and stimulating environment while playing with their babies.

Item#: 8131 **Sa 9/30-10/21** **Follet**
Location: FCC 33 **9:00a-11:00a** **\$61.22**

Listening Mothers

Listening Mothers groups offer a community space for mothers and babies to learn mindfulness skills to reduce stress and encourage balance. Led by counselor and facilitator Jennifer Given-Helms, you will be guided to discover your own internal wisdom, deepen your knowledge of parent/child attachment, and learn how to relate to your child.

Item#: 8302 **Th 9/21-11/16** **Given-Helms**
Location: HC 111 **1:00p-3:00p** **\$195**

Note: No class on 11/2.

BTC offers Parenting Scholarships!

The BTC Foundation, IMCO General Construction, Kiwanis Club of Bellingham & WECU donated funds to cover up to half scholarships, \$85 max a year per student.

Visit: www.btc.edu/ParentingScholarship

Family Connections: Adult/Child

Exploring with Toddlers

Form lasting relationships with other families while your child learns through play in a fun, safe, preschool-like environment. Parents/caregivers choose new discussion topics each quarter, such as toddler development, positive behavior guidance, toilet training, and temper tantrums.

Item#: 8145 **M 9/18-11/20** **Read**
Location: Y 2 **9:00a-11:30a** **\$161.70**

Note: This section is for 2-year-olds. No class on 10/30.

Item#: 8146 **T 9/19-11/21** **Malone**
Location: FCC 24 **9:00a-11:30a** **\$161.70**

Note: This section is for toddlers 18-36 months old.

Item#: 8147 **W 9/20-11/22** **Malone**
Location: FCC 24 **9:00a-11:00a** **\$161.70**

Note: This section is for toddlers 12-18 months old.

More Than One

Form lasting connections with other families while your children's imagination, curiosity and creativity soar. Parents/caregivers choose their discussion topics such as sibling rivalry, balancing family needs, and positive discipline. This class is for families with multiple children (birth to 5 years) or those with a preschool-aged child without siblings.

Item#: 8165 **T 9/19-11/21** **Campbell**
Location: Y 2 **9:15a-11:45a** **\$161.70**

Item#: 8166 **W 9/20-11/22** **Read**
Location: Y 2 **9:00a-11:30a** **\$161.70**

Item#: 8167 **Th 9/21-11/30** **Read**
Location: Y 2 **9:00a-11:30a** **\$161.70**

Note: No class on 11/23.

Item#: 8168 **F 9/22-12/8** **Read**
Location: Y 2 **9:00a-11:30a** **\$161.70**

Note: No class on 11/10 or 11/24.

Men & Children

This Saturday morning class is for dads or male caregivers with multiple children (birth to 5 years) or those with a preschool-aged child without siblings. Dads/caregivers choose their discussion topics such as sibling rivalry, balancing family needs, positive discipline, and parent/child engagement.

Item#: 8300 **Sa 9/30-10/28** **Santos**
Location: Y 2 **9:00a-11:30a** **\$80.85**

Family Connections: Adult Discussion

Raising School-Age Children

This course will provide a practical approach to improving adult/child relations for parents/caregivers of children ages 6-11 years. Topics cover normal child development including: dealing with tweens; encouraging cooperation and responsibility; avoiding power struggles; and communicating with your child about drugs, alcohol, sexuality and media.

Item#: 8186 **T 9/26-10/10** **Read**
Location: Y 2 **6:00p-8:00p** **\$61.22**

Parenting the Love & Logic Way

Based on the highly acclaimed Love and Logic philosophy developed by Jim Fay & Foster Cline, this class unlocks the secrets of successful parenting. We will provide parents with specific, tangible skills to use and a mind-set that allows them to develop a loving relationship with boundaries.

Item#: 8404 **Sa 11/4** **Rose-Duckworth**
Location: HC 115 **9:00a-4:30p** **\$61.22**

5 Essential Elements for Stepfamily Success

This class will help you discover new skills in understanding children's perspectives, building healthy stepfamily bonds, effective parenting & discipline, safeguarding your marriage/partnership and working well within the Parenting Coalition. This workshop will equip you to lead your stepfamily with clarity, confidence and connection.

Item#: 8304 **W 9/27-10/25** **Anderson**
Location: CC 114 **6:30p-8:30** **\$119 (per couple)**

Raising Sexually Healthy Kids

Invest a couple hours to create a plan for guiding your kids through sexual development and intimate relationships with integrity. This two-hour introductory workshop, with optional private follow-up discussions, is ideal for parents of children ages 4-17. Participants receive a workbook for at-home reference, with a focus on identifying personal values and priorities.

Item#: 8301 **Th 10/12** **Osage**
Location: CC 114 **6:00p-8:00p** **\$39**

Fall Registration begins: July 24

Registration details: www.btc.edu/Register
Find links to online registration, forms, helpful instructions and contact information.

Let us know if we can assist you!

360.752.8350 | registration@btc.edu

Cashier: 360.752.8311 | cashier@btc.edu

Refund policy: www.btc.edu/refund



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