

Parenting Classes

□ Listen to this At OBHAW we believe that resources can often assist in the healing process. Because of this belief we recently began offering Active Parenting Classes (beginning at regular intervals). Our 6-week classes are facilitated by a Mental Health Professional and are designed to help you and your child (children) interact more effectively with one another. We offer two classes, one for parents of kids ages 5-12 and one for parents with kids in their teens.

Active Parenting is a parenting curriculum designed to create "more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly". We know that your life as a parent is busy, so we've designed our classes to be productive, equipping you with parenting skills at every session.

For more information about our Active Parenting classes, or to register for our next class cycle please fill out the contact form on the right side of this page or call any of our [offices](#).