



A+ Women's Care

PARENTING CLASS

For Moms, Dads, Grandparents, Caregivers, and YOU!!!

- Building relationships through communication and nurturing
- Appropriate discipline techniques
- Dealing with anger and frustration especially as it concerns the discipline of, and relationships with your children
- The use of praise and rewards in child rearing
- Appropriate touch
- Drug/alcohol use and how they can damage relationships and cause a loss of control
- Practical tips for using time out ~ positive and negative consequences; loss of privileges
- AND MUCH MORE!



ANGER MANAGEMENT CLASS

Men's Classes *and* Women's Classes

- Break old patterns that keep you locked into destructive behavior
- Understand “stuffed” emotions that continue to influence your attitude
- Change aggressive behavior and emotional struggle when things in life don't seem fair
- Stop the “blame game” and learn to accept responsibility for toxic patterns of behavior, as you race toward true freedom from anger
- AND MUCH MORE!

12 week/48 hour class

MONDAYS - 5:00 - 9:00 p.m.

A light dinner provided FREE to you.

250 Justin Drive, LaFayette, GA 30728

(directly behind the Wal-Mart on Hwy. 27)

Main: 706.639.1889 Trenton: 706.657.4303

www.apluswomenscare.org

**Contact the center for the next class session start date.
ALL CLASSES AVAILABLE AT NO COST.**