

**1. How many people are in the class?**

4-12 people.

**2. Do both parents have to come? Can I come by myself?**

Participation by both parents is not required, but strongly encouraged. Only enrolled group members who complete the course will be granted a certificate.

**3. I have a teenager. Would it benefit me to go to the classes regarding younger children?**

The workbook covers ages prenatal - 18 years. Parents of older children can still benefit from this course material aimed towards younger children. This course pays strong attention to empathy and attachment and will enable you to reflect upon one's core beliefs and values and one's current parenting approach.

**4. Will I have to share information about myself or my family?**

Participation is strongly encouraged to receive the full benefit of the program, but not required.

**5. Is this a support group?**

It has the benefits of a support group but is structured around learning the material through class participation and doing the assignments at home with the family.

**6. Will I have time to ask questions?**

Yes, there will be plenty of opportunities to ask questions throughout the 2-hour session.

**7. When does it meet and for how long?**

This class meets every Tuesday from 6-8pm for 12 weeks. *\*Currently held via Zoom*

**8. What do I hope to gain from this class?**

- a. How to parent with empathy (only true alternative to maltreatment).
- b. How to practice empathetic, respect-oriented discipline (to help kids develop respect toward self and others).
- c. How to develop positive, life-long self-worth in children.
- d. How to empower children to use their strengths and abilities to make healthy choices.
- e. How to help parents change their approach based on the developmental age and stage of their children.
- f. Empowering parents to raise children in positive, healthy, compassionate ways.

**9. Will I receive a certificate if I attend all classes?**

Yes, certificates are given at end of 12 weeks for weekly attendance.

**10. What's the cost?**

Intake Session is \$100, each class is \$40 and the book is \$20.

**11. What if I can't attend a couple of classes, do I have to make it up?**

Participants must attend at least 10 out of 12 sessions to receive their certificate.

**12. How do I pay and what do I need to do to register?**

Payment is accepted online and is due at time of service - once intake is complete, the parent is registered in the class.

**13. What if I need (ie court ordered) the class but can't afford it?**

A sliding scale is offered based on family income - call or email [frontdesk@northshoreyfs.org](mailto:frontdesk@northshoreyfs.org) for details.