



Why Take a Parenting Class?

Parents who take parenting classes are concerned about their relationship with their children. They know that being an effective parent in today's world can be a most difficult and challenging task.

CARE's parenting classes help parents to:

1. Develop a positive, cooperative relationship with their child with a focus on solutions rather than blame.
2. Learn ways to talk with children so that real communication can take place.
3. Learn ways to encourage self-worth and confidence for both parent and child.
4. Look at everyday problems such as homework issues, meal and bedtime routines, arguments, and chores.

CARE's parenting classes offer parents a realistic and practical approach to meeting the challenges of raising children today. Participants work together in small groups to actively discuss common concerns and learn specific child-training principles and techniques. The classes guide parents toward raising responsible children who will grow into responsible men and women, capable of living meaningful, happy adult lives.

For information regarding class locations, dates, times, and fees,
call **CARE: (586) 541-0033**
www.careofmacomb.com

CARE (Community Assessment Referral and Education) is dedicated to the prevention of alcohol, tobacco and other drug use disorders. Federal, State and Local funding has been provided through Macomb County Community Mental Health Office of Substance Abuse to support project costs.

Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE Recipient Rights Advisor, 31900 Utica Road, Fraser, MI 48026, (586) 541-0033 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909.