

Need a Court Mandated Parenting Class?



Conscious Parenting

*A state-of-the-art curriculum reflecting the most current parenting research
– presented by experienced professional educators.*

Today, there are many challenges in maintaining healthy family dynamics. It takes mutual respect, understanding, cooperation, and specific skills to create and maintain a positive, supportive atmosphere for children. This class teaches skills in how to:

- Instill and maintain important values within families or between two households.
- Understand the different stages of development for your child.
- Communicate effectively with your child, spouse, and ex-spouse, through the use of active listening and conflict resolution skills.
- Effectively discipline your child.
- Understand your parenting style.
- Develop an effective parenting plan.
- Speak to your kids about sex, drugs, violence and other challenging topics.
- Counseling services available.



REGISTER ONLINE NOW:
visit <http://www.fofv.org> for
more information about classes,
scheduling, costs, and to register.

The Foundation of Family Values supports families of all political, religious, sexual preference, economic, and racial categories. The FOFV has no specific religious affiliation. We are a 501(c) 3 tax-exempt, non-profit organization.

Organizations that Provide Parenting Classes

Agency	Classes	Fees	Languages
Foundation for Family Values Campbell, CA 408-866-6686 www.fofv.org <i>OUTSTANDING, DYNAMIC CLASSES!</i>	Basic Parenting Co-Parenting Counseling Services <i>REGISTER ONLINE NOW!</i>	sliding scale	English
Act for Mental Health, Inc. San Jose, CA 408-287-2640	Basic Parenting	sliding scale	English
AGAPE San Jose, CA 408-313-8309 coach@agapeco-parent.com	Co-Parenting classes Co-Parenting coaching	\$100-175	English
Almaden Valley Counseling Youth Service San Jose, CA 408-997-0200	Positive Parenting	\$110-145	English
Alum Rock Counseling Center San Jose, CA 408-294-0500; Crisis Line 408-294-0579 www.alumrockcc.org	Parenting for Teens	Free	Spanish Vietnamese English
Asian Pacific Family Resource Center San Jose, CA 408-299-1500	Basic Parenting - 12 wks	sliding scale	multi-lingual
Center for Healthy Development San Jose, CA 408-985-8115	Co-Parenting	sliding scale	English
CHAC (Children's Health Awareness) Mountain View, CA 650-965-2020 www.chacmv.org	Parenting (step model)	\$125	Spanish English
Eastfield Ming Quong (EMQ) Campbell, CA 408-379-3790 www.emq.org	Parenting, Support Groups		Spanish English
Family & Children Services San Jose, CA 408-292-9353 Palo Alto, CA 650-326-6576 www.fcservices.org	Basic Parenting	sliding scale	multi-lingual
Foundation for Family Values Campbell, CA 408-866-6686 www.fofv.org	Basic Parenting Co-Parenting Counseling Services	sliding scale	English
Gardner San Jose, CA 408-287-6200	Basic Parenting - 30 hrs.	Free	Spanish Vietnamese
Health Realization San Jose, CA 408-792-5237 www.scsdads.org	Basic Parenting - 30 hrs.		Vietnamese English
Jewish Family Services Los Gatos, CA 408-556-0600; Crisis Line 408-279-3312 www.jfssv.org	Parenting		Yiddish Hebrew English
Kaiser Permanente San Jose, CA 408-972-3340 www.kp.org/healthyliving	Parenting the Child with ADHD Adolescent Depression	\$25 \$25	English
Metropolitan Adult Education Campbell, CA 408-947-2304	Positive Parenting - 6 wks	\$75	English
San Mateo Adult Education San Mateo, CA 650-558-2100	Now & Future Parenting - 14 wks Parenting Adolescents - 14 wks	Free Free	English
Teen & Family Counseling Center Campbell, CA 408-370-9990 www.teenfamilycounseling.org	Parenting with Teens Co-Parenting	sliding scale	English
YWCA San Jose, CA 408-295-4011 x 330	Parenting, Co-Parenting, Coaching	sliding scale	Spanish English