

Six Week Courses

Week 1 - Who's in the Driver's Seat?

Sep. 11 Mar. 26

Establishing Authority as a Parent. In this session, we will view the importance of balanced authority within the family and develop tools for establishing or re-establishing appropriate boundaries.

Week 2 - Communicating When It's Hard

Sep. 18 Apr. 9

Expressing/Communicating Feelings and Emotions. In this session, we will explore feelings and emotions, and how we communicate them and develop skills in helping our own child acknowledge, understand, and express his/her feelings and emotions. We will identify styles of family communication and develop personal communication strengths.

Week 3 - Family Feud

Sep. 25 Apr. 16

Dealing with Anger in the Family. In this session, we will learn techniques for resolving anger in the family and gain tools for helping our children learn to express anger in a healthy manner.

Week 4 - Choosing Effective Discipline Techniques

Oct. 9 Apr. 30

In this session, we will develop skills for successful conflict resolution and recognize that conflict and resolution must take place in order for growth to occur.

Week 5 - Building Trust

Oct. 23 May 7

Developing, Maintaining, & Rebuilding Trusting Relationships. In this session, we will look at the importance of parent/child relationships and the impact they have on trust, and understand that it is never too late to build or rebuild trust.

Week 6 - Home and School: What a TEAM!!!

Oct. 30 May 14

In this session, we will recognize the powerful role parents play in a child's education, and develop strategies for promoting positive homework attitudes and habits in the home.

PARENT OF THE YEAR AWARDS

Thursday,
April 19, 2018
ROHS PAC
7:00 PM

Parent FAQs

@ ACORN

All class times are **6:30 – 8 p.m.**
(unless otherwise noted)

Acorn Community and Family Services

101 Live Oak

Contact Donna Knight

972-617-4658

donna.knight@redoakisd.org



Tobacco Awareness

This session will go over the laws and dangers of the use of tobacco including Vapors.

Presented by **Smoke Free Ellis County**

Nov. 27

SWAPEG

(Southwest Autism Parent Educator Group)

This is a group of parents and professionals with a common goal: supporting children with autism to be all that they can be! Organized by several school districts in the Southwest Dallas & Ellis Counties, the meetings are a combination of social time, sharing resources, and hearing from invited speakers. Free childcare by sitters trained in the field of autism is provided.

Participating schools include: Cedar Hill ISD, DeSoto ISD, Ellis County Co-Op, Lancaster ISD, Life School, Midlothian ISD, Palmer ISD, Red Oak ISD, and Waxahachie ISD.

Sep. 26 Nov. 7 Jan. 23 Feb. 27 Apr. 10

***6:00 - 8:00 PM**

"There's an APP for that!"

Many teens are using lots of different apps to share secrets, follow friends and crushes and post selfies anywhere. Even though teens are only sharing day-to-day moments with their social groups, there can be unintended consequences when teens think their messages and posts disappear forever or when they make negative comments under cover of anonymous apps, not to mention what teens may be exposed to from other users within these apps.

Presenter: **Laura Kelly, Red Oak ISD**

Nov. 7 Feb. 20

Anger Management

This session will work on strategies to help control anger issues. Parents and students are encouraged to attend this class together. If court-mandated, the cost is \$50. Certificates can be issued for those attending from the Court of CPS.

Oct. 24 Nov. 14 Dec. 19 Jan. 30
Feb. 20 Mar. 27 Apr. 24 May 15

Hide 'N' Seek

See ways drugs are smuggled into classroom, bedrooms, etc., while learning the current drug trends.

Presenter: **Donna Knight/Impact Ellis County**

Oct. 24

In Their Shoes

Teens and Dating Violence is a scenario based training designed to help participants learn what dating is like for today's teens - from their perspective. Participants will become teen characters, make choices about their relationships, and see what happens. In Their Shoes provides a snapshot of unhealthy teen relationships and generates a thoughtful decision about how adults may better understand and more effectively engage with teens.

Presenter: **The Family Abuse Center**

Oct. 16

Family Time: Cooking with Natasha

This session is for families to learn to make delicious snacks, and take them home to share. Cookies, cake balls, and popcorn snacks. This class makes a great family time event.

Presenter: **Natasha Spivey, ROISD Student Nutrition Catering Coordinator**

RSVP to donna.knight@redoakisd.org or **972-617-4658** to save your spot.

Dec. 7 Feb. 8

Those Who Host

This session will go over the laws of alcohol. Parties are sometimes held in homes and parents do not realize the consequences that can be put upon the one who host the party in their home. **Impact Communities** will present the facts and how you can become involved in your community to prevent underage drinking.

Apr. 2

Domestic Violence 102

To provide a better understanding of the dynamics of domestic violence, the variety and complexity of obstacles faced by victims and the different types of relief and resources to those affected.

Presenter: **The Family Abuse Center**

Apr. 12