

PESA

Parent Class



Parent Expectations Support Achievement (PESA)

PESA parenting classes are again being offered through the school counseling program. Classes are free and on site baby sitting is offered. Learn interactions which will help support your child's academic achievement, improve parent-child communications, and encourage a safe and caring home environment. Last year, the classes were very well received and parents reported enjoying the opportunity to share stories and ask questions of the facilitators and the group.

Topics Covered will include:

- Providing encouragement
- Fostering courtesies
- Redirecting & correcting misbehavior
- Effective listening
- Affirming feelings
- Promoting thinking & self reflection
- Fostering self esteem
- Creating healthy family bonds

Offered:
Monday Evenings – Grant School Library
5:30-7:00 PM
Beginning October 5th – November 16th (Skipping October 19th)
Facilitators: Sonja Wanhala, Grant Counselor and
Nicole Renae, McNear Counselor

Please return this form to Sonja Wanhala, Grant School Counselor or Nicole Renae, Mc Near School Counselor by Friday, Sept . 25th

NAME(S): _____ PHONE: _____

Yes, I will be attending at Grant

I cannot attend this class, please let me know when other classes are planned at other school sites

I am interested in classes in Spanish

I have _____ children who need babysitting. Their ages are: _____