



PARENT SOLUTIONS

Offers Virtual Classes

All Classes Offered As Individual

408-292-4357

Parenting Without Violence

When: Mondays 6 P.M.- 7 P.M., Tuesdays 7:30 P.M.- 8:30 P.M. (ongoing, enroll at any time)

How Long: 16 Weeks (Please call for 8 and 12 week courses)

Curriculum: Focuses on consequences of violence and learning coping skills.

Cost: \$50 per week

Language: English

Transforming Anger Class

When: Call for enrollment or email admin@ps-ca.com.

How Long: 12 weeks

Curriculum: Course designed to help adults manage underlying feelings that lead them to anger using activities, psychoeducation, and open dialogue. Find productive ways to identify feelings, manage the feelings that turn to anger, communicate better with their families, and connect better in challenging social and emotional situations.

Cost: Please contact office for more information

Language: English

Coparenting Class

When: Mondays at 5 PM

How Long: Once per week for 6 weeks

Curriculum: Focuses on skills to improve communication and collaboration between parents.

Cost: \$50 per week

Parallel Parenting Class

1/2023

When: Tuesdays 6 P.M. (ongoing, enroll at any time)

How Long: Once per week for 6 weeks

Curriculum: Focuses on skills to improve communication and collaboration between parents.

Cost: \$50 per week

Certificates of Completion for all classes included.

The services we provide are court recognized and approved in Santa Clara County and many other surrounding counties.

We have been serving our community since 2008.

Please visit our website at WWW.PS-CA.COM

1/2023