Education Digest

Positive Discipline
July course line-up

Positive Discipline Community Resources is offering a full complement of courses in July aimed at helping parents better parent. Here’s the line-up:

- **Parent Support Group:** For Parents of School-Aged Kids, 6:30-7:30 p.m. Wednesday, July 2 and 16, at the Santa Cruz Adult School, room 5, 319 La Fonda Ave., Santa Cruz. Parents of school-aged children meet the first and third Wednesday of each month to share their challenges, concerns, problem solve together, and find support. The group is based on the principals of Positive Discipline but is led in a support group format, not an instructional class series. The drop-in sessions are free but donations are welcome. For information, contact Stephanie Tam Rosas at 831-920-3835 or tamrosas@gmail.com.

- **Parent Support Group:** For Parents of Teens, 6:30-8 p.m., July 30, in the Branciforte Small Schools Library, 840 N Branciforte Ave, Santa Cruz. This monthly meeting that occurs the last Wednesday of each month is a place where parents of teenagers can share their challenges, concerns, problem solve together, and find support. The drop-in group is based on the principals of Positive Discipline but is led in a support group format, not as an instructional class series. For information, contact Stephanie Tam Rosas at 831-920-3835 or tamrosas@gmail.com.

- **Prepare Your Teen For Their Future,** 10 a.m.-1 p.m. Saturdays, July 12, 26 and Aug. 9th at Cabrillo College Campus, 6500 Soquel Drive, Aptos with Stephanie Tam Rosas, Certified Positive Discipline Facilitator. The classes are: “The New Territory of the Teenage Years,” “Preparing Your Teen for Their Future,” and “Parents & Teens Together, Setting the Course.” Cost is $28 for each session or $75 for all three.

Register at www.cabrillo.edu/services/extension/parenting.html. These courses also are offered in Spanish on Saturdays with Gisselle Padilla, 5:30-9 p.m. July 12 and 26, at the Cabrillo Watsonville Campus, 318 Union Street. For information, call 831-479-6331 or visit pdcrsantacruz.org.