

Infant Child Enrichment Services (ICES)  
Raising Healthy Families Program  
**Online Weekly Parenting Class**

July 2022–June 2023



**Raising Healthy Families**

Online Weekly Parenting  
Classes are free of charge.  
**Classes are held virtually by  
ZOOM on Monday or  
Tuesday evenings  
from 5:30-6:30pm.**  
*(you choose which night  
works best for you)*

**To Sign –up for Classes:**

There are registration forms  
that need to be filled out  
online (for each person  
taking the class). To Access  
these forms and register for  
classes, visit the ICES  
Website under the Raising  
Healthy Families Program:  
[https://icesagency.org/  
raising-healthy-families-  
program/](https://icesagency.org/raising-healthy-families-program/)

OR Call the ICES office:  
209-533-0377

**2022-2023 Class Schedule**

**Trauma and Resilience/Modern Families w/CNVC – 6 weeks**

July 11 – August 16

**Child Development—6weeks**

August 22 – October 4

**[OFF LABOR DAY WEEK]**

**Effective Discipline – 6 weeks**

October 10 – November 15

**[OFF THANKSGIVING WEEK]**

**Effective Discipline: Challenging Situations– 4 weeks**

November 28 – December 20

**[OFF CHRISTMAS AND NEW YEARS WEEKS]**

**Mindfulness – 2 weeks**

January 9 – January 10

**[OFF MLK DAY WEEK]**

**Self Esteem – 4 weeks**

January 23 - February 14

**[OFF PRESIDENT'S DAY WEEK]**

**Trauma & Resilience – 5 weeks**

February 27 – March 28

**Stress/Anger Management and Emotions – 6 weeks**

April 3 – May 9

**Co-Parenting and Communication – 6 weeks**

May 15– June 27

**[OFF MEMORIAL DAY WEEK]**

**\*\*Class Topics and Order are subject to change—please call the office to verify.**