

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

July 2023—June 2024



Raising Healthy Families

Online Weekly Parenting
Classes are free of charge.
**Classes are held virtually by
ZOOM on Tuesday evenings
from 5:30-6:30pm.**

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

2023-2024 Class Schedule

Trauma and Resilience— 5 weeks

July 11 – August 8

Self-Regulation – 2 weeks

August 15—August 22

Resources for Parents Panel – 1 week

August 29

[OFF LABOR DAY WEEK— September 5]

Effective Discipline – 6 weeks

September 12—October 17

Effective Discipline: Challenging Situations— 3 weeks

October 24—November 14

[OFF HALLOWEEN WEEK— OCTOBER 31]

[OFF THANKSGIVING WEEK]

Self Esteem – 4 weeks

November 28—December 19

[OFF CHRISTMAS AND NEW YEARS WEEKS]

Empathy – 1 week

January 9

[OFF WEEK OF JANUARY 15]

Child Development—4 weeks

January 23—February 13

[OFF WEEK OF February 20]

Trauma & Resilience – 5 weeks

February 27 – March 26

Stress/Anger Management and Emotions – 6 weeks

April 2 – May 7

Co-Parenting and Communication – 6 weeks

May 14– June 25

[OFF MEMORIAL DAY WEEK]

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