



Mt. Diablo Adult Education/Parent Education Program  
A Division of the Mt. Diablo Unified School District



# RAISING AWARENESS AND PREVENTING DOMESTIC ABUSE

*You have the power to restart your life!*

**Wednesdays 6:30 p.m. - 8:30 p.m.**  
**October 18 to November 15, 2023**

Loma Vista Adult Education, Room C-4  
1266 San Carlos Ave., Concord



This class has been designed to provide support, guidance, and resources to individuals who have experience or lived in a violent and abuse environment. It will provide strategies to improve your relationship with and communication with others, manage your emotions, and practice healthy behaviors.

\*A certificate of completion will be given to students who complete all five classes.

**FREE** for Mt. Diablo School District residents. If you live outside of the district area, the fee is \$10.00 per class.

## Registration information:

- You must pre-register to attend class.
- Type [diablo.asapconnected.com/#CourseID=290981](https://diablo.asapconnected.com/#CourseID=290981) in the search bar.
- Log in, or create an account, to register.
- No walk-ins or late admittance.

For information, contact the Parent Education Program at  
[parented@mdusd.org](mailto:parented@mdusd.org) or call (925) 685-7340 ext. 6720

Visit our website [mdae.mdusd.org](https://mdae.mdusd.org)