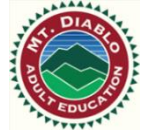




Mt. Diablo Adult Education/Parent Education Program  
A Division of Mt. Diablo Unified School District



## Parenting Certificate Series

### Ten-Week In-Person Series

**Tuesday Evenings 7:00-9:00 p.m.**  
**Loma Vista Adult Center, Room C-4**  
**1266 San Carlos Ave., Concord**

This is a ten-week in-person ongoing series designed to provide tools, strategies, and resources for parents to build strong family values, positive relationships, and effective communication with their family members. Students will learn how to improve their mental health, well-being, and become decisive, confident individuals.  
**Class offered in-person.**



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

#### To register:

- Click [here to register now](#) or click **Register Now** at [mdae.mdusd.org/programs/pe](http://mdae.mdusd.org/programs/pe)
- Log in if you have an account. If you do not have an account, create an account to register.
- **Select all the classes you want to enroll.** If you want to register for more than one class, click "Continue Shopping" and select any additional classes you want to enroll in.

**If you intend to attend a class offered on the day you registered, you must complete enrollment before 3:30 pm.**

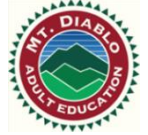
#### Class Attendance Information:

- Class starts at 7:00 p.m. **No late admittance.**
- Students need to stay the entire class and follow the class guidelines, to receive credit of attendance.
- You must complete all ten classes within six months to receive a certificate of completion.

For information regarding this class and other classes email the Parent Education Program at [parented@mdusd.org](mailto:parented@mdusd.org), call (925) 685-7340 ext. 6720 or visit our website [www.mdae.mdusd.org](http://www.mdae.mdusd.org).



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# Parenting Certificate Series

## Ten-Week In-Person Series

Tuesdays, 7:00-9:00pm  
Loma Vista Adult Center, Room C-4  
1266 San Carlos Ave., Concord

### CLASS TOPICS

<b>Class 1</b> Self-Esteem and Temperament	<b>Class 7</b> Positive Parenting Skills: Ages and Stages of Development Eleven to Eighteen
<b>Class 2</b> Communication in the Family	<b>Class 8</b> Co-Parenting and Parallel Parenting
<b>Class 3</b> Parenting Styles and Philosophies	<b>Class 9</b> Moving Forward: Parenting Implementation of Practices and Techniques
<b>Class 4</b> Punishment and Discipline	<b>Class 10</b> Class Review and Summary
<b>Class 5</b> Positive Discipline and Solutions	
<b>Class 6</b> Positive Parenting Skills: Ages & Stages of Development Birth to Ten	

### CLASS SCHEDULE Winter 2024

### CLASS SCHEDULE Spring 2024

Day Class Meets	Session Number	Day Class Meets	Session Number
January 9	3	April 9	5
January 16	4	April 16	6
January 23	5	April 23	7
January 30	6	April 30	8
February 6	7	May 7	9
February 13	8	May 14	10
February 20	9	May 21	1
February 27	10	May 28	2
March 5	1	June 4	3
March 12	2	June 11	4
March 19	3	June 18	5
March 26	4	June 25	6

**NO CLASS APRIL 2, 2024**

**MORE CLASSES JULY 2024**

For information, contact the Parent Education Program at [parented@mdusd.org](mailto:parented@mdusd.org), (925) 685-7340 ext. 6720 or visit our website [www.mdae.mdusd.org](http://www.mdae.mdusd.org).