

# 2025 Parenting Skills Workshop Schedule



Reservations required for all workshops 1 week in advance.

For reservations or questions, please contact:

Fleet and Family Support Center at 760-939-4545 or email us at [nawscf\\_ffsc@us.navy.mil](mailto:nawscf_ffsc@us.navy.mil).

Jan 8	Parenting Practices & Styles	4 pm
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Feb 5	Toddler Take Over	9 am
Feb 6	Balanced Parenting with Teens	3 pm
Feb 12	Parenting Practices & Styles	4 pm

Mar 5	Toddler Take Over	9 am
Mar 6	What about the Kids, Co-parenting	3 pm
Mar 12	Parenting Practices & Styles	4 pm

Apr 2	Toddler Take Over	9 am
Apr 3	Balanced Parenting with Teens	3 pm
Apr 9	Parenting Practices & Styles	4 pm

May 1	What about the Kids, Co-parenting	3 pm
May 7	Toddler Take Over	9 am
May 14	Parenting Practices & Styles	4 pm

June 4	Toddler Take Over	9 am
June 5	Balanced Parenting with Teens	3 pm
June 11	Parenting Practices & Styles	4 pm

July 2	Toddler Take Over	9 am
July 3	What about the Kids, Co-parenting	3 pm
July 9	Parenting Practices & Styles	4pm

Aug 6	Toddler Take Over	9 am
Aug 7	Balanced Parenting with Teens	3 pm
Aug 13	Parenting Practices & Styles	4pm

Sept 3	Toddler Take Over	9 am
Sept 4	What about the Kids, Co-parenting	3 pm
Sept 10	Parenting Practices & Styles	3 pm

Oct 1	Toddler Take Over	9 am
Oct 2	Balanced Parenting with Teens	3 pm
Oct 8	Parenting Practices & Styles	4 pm

Nov 5	Toddler Take Over	9 am
Nov 6	What about the Kids, Co-parenting	3 pm
Nov 13	Parenting Practices & Styles	4 pm

Dec 3	Toddler Take Over	9 am
Dec 4	Balanced Parenting with Teens	3 pm
Dec 10	Parenting Practices & Styles	4 pm

## ***Toddler Take Over***

Come meet other parents and learn tips and strategies to use during the toddler years. We welcome you to bring your toddlers to play while you learn.

## ***Balanced Parenting with Teens***

Teens raised with a careful blend of security and freedom usually become healthy, well-rounded individuals. Learn strategies that have shown to help with behavior and effective communication with teens.

## ***Parenting Practices & Styles***

During this workshop, we will explore various parenting styles and practices that are beneficial for a balanced parenting approach.

## ***EFMP Coffee & Chaos***

You are invited to bring your little ones to play while you have coffee and learn about advocacy tips for parents with children in the Exceptional Family Member Program (EFMP).

## ***What About the Kids, Co-parenting***

Co-parenting is not just about dividing time and responsibilities, but also creating a supportive and nurturing environment. Participants will learn how to put the child(ren)'s needs first by providing stability, consistency, and kindness.

## ***Active parenting***

Pre-Registration is required. Parents and caregivers of littles, this class is for you. Learn child development principals along with age appropriate behaviors utilizing ages and stages in this 4-part interactive series. We will focus on encouraging positive behaviors, preventing problems and learn methods for positive discipline.

## ***Active Parenting: First 5 Years***

Session 1 - You and Your Child

Session 2 - Preventing Problems

Session 3 - Encouraging Positive Behavior

Session 4 - Preparing for School Success

## ***Active Parenting Active Parenting: Years 5-12***

Session 1 - The Active Parent

Session 2 - Cooperation & Communication

Session 3 - Responsibility & Discipline

Session 4 - Building Courage & Self Esteem

Session 5 - Understanding and Redirecting Misbehavior

Session 6 - Active Parenting for School Success

All Parenting workshops can be scheduled at individual commands or as a one on one, just contact:

Deborah Edwards at 760-939-4553 or email: [Deborah.a.edwards57.naf@us.navy.mil](mailto:Deborah.a.edwards57.naf@us.navy.mil)