

spring

City of Los Angeles Department of Recreation and Parks
Palms Recreation Center
2950 Overland Ave, Los Angeles, CA, 90064
310.838.3838 or 310.202.4531

Parenting Workshops

with
Karen
Dudley!

Use Activity # 7250
for Online Registration

Palms offers an informative series of parenting workshops lead by Karen Dudley, a Child Development specialist and marriage, family and child therapist, with over 30 years of professional experience. These sessions are designed as lecture and discussion. Come and explore these issues and many more. Registration for these workshops can be done online at <http://raponline.lacity.org/larap/> or by walk-in. Call the office at 310.838.3838 for more information.

DATE	WORKSHOP TOPIC	DESCRIPTION	TOPIC USEFUL FOR AGES:	TIME / FEE
<i>Tuesday, April 17</i>	SIBLING RELATIONSHIPS	Learn to help your children live, love, and laugh together. Being a sibling can be a tough job and this workshop will help you help your children to make this lifelong relationship a rewarding one.	ALL AGES	<u>6:30-8:00 p.m.</u> \$10 per person
<i>Tuesday, April 24</i>	PARENT SUPPORT GROUP	The majority of our discussion will focus on children 2-10 years old. Please come prepared with questions and experiences to share, or just come and listen to other parent's questions and comments.	2-10 YEARS	<u>6:30-8:00 p.m.</u> \$10 per person
<i>Tuesday, May 8</i>	BUILDING POSITIVE SELF ESTEEM & EMOTIONAL INTELLIGENCE	Learn how to help your child feel competent, confident and loved, the three foundation blocks for a positive self esteem. Also learn about the role that emotional intelligence plays in a child's sense of competence, confidence and self control, and how parents can help children develop emotional intelligence.	ALL AGES	<u>6:30-8:00 p.m.</u> \$10 per person
<i>Tuesday, May 22</i>	PARENT SUPPORT GROUP	The majority of our discussion will focus on children 2-10 years old. Please come prepared with questions and experiences to share, or just come and listen to other parent's questions and comments.	2-10 YEARS	<u>6:30-8:00 p.m.</u> \$10 per person
<i>Tuesday, June 5</i>	BODY IMAGE & CHILD SAFETY	Learn about helping children feel strong and competent through positive body awareness, and how to promote child safety (otherwise labeled "Stranger Danger"). Topics will also include: differences between child and adult sexuality, normal sexual curiosity and play in young children, how to talk to young children about their bodies and others' bodies, and how to talk to young children about strangers.	ALL AGES	<u>6:30-8:00 p.m.</u> \$10 per person

**Children may attend these workshops; however, there will be no childcare provided. Please bring snacks for your child and we will supply toys.*

PLEASE REGISTER FOR THESE PROGRAMS THROUGH THE ONLINE ACTIVITY CATALOG FOUND AT:

<https://raponline.lacity.org/larap/>