

BIST Holiday Parenting Classes

via Zoom

with Marty Huitt

& the BIST Team



Prepare your children to successfully navigate the demands of the upcoming holiday season. Join us to learn how to help your children manage behavior, lower stress, and enjoy the holidays.

Time: 6:30 PM - 7:30 PM

Price: \$10.00 per session

Participants may enroll in one or more sessions.

Tuesday, October 27, 2020 –

Maintaining Calmness and Predictability through the Holidays

Traditionally the holiday season means changes in schedules, increased activities, and more stress for families. Learn ways to help your children find calmness in the midst of all that's happening by creating a predictable home environment.

Tuesday, November 10, 2020 –

Parenting the Same, but Different: Creating Unity in Different Households

Discover how to prepare your children to successfully cope with varied expectations as they spend time with another parent or with relatives during the holiday season.

Tuesday; November 17, 2020 –

Developing a Spirit of Kindness and Generosity in our Children

Help your children embrace the genuine joy of practicing kindness and gratitude during the busyness of this time of year.

Register online at <https://bist.org/cust/activities/calendarView.php>

Cancel at least 7 days prior to class to be eligible for a refund. The cancellation notice must be received in writing via e-mail BIST@cornerstonesofcare.org