



Effective Parenting Course

The Community Parent Education Program (CPEP)

**8-week program for caregivers & children,
Thursday evenings from April 10, 2025, to May 29, 2025**

**Location: Cedarbrae School
10631 Oakfield Dr. SW, Calgary, AB**

**Class size is limited so register now for this FREE parenting program!
Bring your children for the FREE children's group for ages 5 - 12!**

Number:	Date:	Parent Group:	Child Group:
#1	April 10, 2025 6:00 p.m. - 7:00 p.m.	Course information night: Meet the leaders and find out about the program	Meet the leaders and play games
#2	April 17, 2025 6:00 p.m. - 8:00 p.m.	Relationship Building	How to listen
#3	April 24, 2025 6:00 p.m. - 8:00 p.m.	Planned Ignoring	How to do what is asked
#4	May 1, 2025 6:00 p.m. - 8:00 p.m.	Transitional Warnings and When-Then Strategies	How to share your feelings
#5	May 8, 2025 6:00 p.m. - 8:00 p.m.	Planning Ahead	How to problem solve
#6	May 15, 2025 6:00 p.m. - 8:00 p.m.	Motivation Systems	How to calm down
#7	May 22, 2025 6:00 p.m. - 8:00 p.m.	Effective Consequences	What to do when things don't go your way & Time-out
#8	May 29, 2025 6:00 p.m. - 8:00 p.m.	Problem Solving & Graduation	How to be a good friend & Graduation

To register or for additional information please email:

HullCPEP@hullservices.ca