

## LIVING JOYFULLY PARENTING CLASSES:

WHAT IS THIS CLASS ABOUT? This parenting program, based on the 3 principles, seeks to help parents and children create harmonious family relationships through awareness of the source of their respective states of mind at the time of the interaction. By noticing their state of mind, they can experience the joy of a healthy family life

Tuesday Co-Ed Parenting Class (Vietnamese only)\*

6:00 pm – 8:00 pm

Asian Pacific Family Resource Center

625-F Wool Creek Dr., San Jose

(Note: Childcare available only at this site)

*\*Call for fee information at 408.792.5573*

Thursday Co-Ed Parenting (English only)\*

6:00 pm – 8:00 pm

DADS, Conference Room D

976 Lenzen Ave., San Jose – 408-792-5237

(Note: No childcare is available)

*\*Call for fee information at 408.792.5237*

“ Understand that the feeling you have in the moment when you are interacting with your children is the environment that your children are living in. “

Jack Pransky, PhD.  
“Parenting from the Heart”