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## **Community Fund of Darien Offers 'Active Parenting' Course to Add to Your Parenting Skills**

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**Date :** September 2, 2017

Parents can register now for the Community Fund of Darien's award-winning “Active Parenting” course designed to equip parents with the skills they need to meet the challenges of parenting toddlers to teenagers.

— *This announcement from the Community Fund of Darien was written by volunteer Sarah Jane Clarke.*

The classes are designed to equip parents with the skills they need to meet the challenges of parenting toddlers to teenagers.

Through informative and interactive lessons, parents learn how to communicate effectively with children, set clear boundaries, encourage the growth of healthy self-esteem, and begin to move with their children from a “failure cycle” to a “success cycle” on many of the toughest parenting challenges.

This evidence-based curriculum is a tool to help build strong character development, resiliency, resistance and judgment skills to help prevent underage drug and alcohol use.

Back by popular demand, Active Parenting Instructors Diane Hobbs, M.A. Ed. and Moira Rizzo, LMFT, facilitate a distinct four-week series for parents of pre-school, elementary school, middle school and high school students.

As a complement to its strategic plan to prevent underage binge drinking and promote youth mental health, The Community Fund of Darien hopes to support parents with positive strategies so they feel empowered in their role.

“This course can enhance family connectedness and positive boundary-setting so that children and teens are directed away from the risky behaviors that can lead to trouble down the road as the children grow up,” said Carrie Bernier, executive director of the Community Fund.

**Here’s what parents said about the class**

- “The Active Parenting Class offered me tangible, actionable strategies to recall while in the middle of a power struggle with my child.” — Darien Parent
- “This class was very helpful for me to reflect on the bigger picture of what I want to accomplish as a parent and how to lay the foundation for empowering my children to “captain their own ship” and be good decision makers.” — Darien Parent
- “The message of Active Parenting has changed my life. It has revolutionized my approach to parenting.” — Diane Hobbs

To sign up for fall 2017 classes, email [Emily.Larkin@communityfunddarien.org](mailto:Emily.Larkin@communityfunddarien.org).