



PARENTING PROGRAMS



Alleghany Highlands
Community Services

311 South Monroe Ave. | Covington, VA 24426

540-965-2100

www.ahcsb.org

PROGRAMS

Evidence-based classes for individuals

Meets court-mandated requirements

FIRST FIVE YEARS

- Best ways to nurture your child from birth to pre-K
- Give your child a strong start
- Attend 4 sessions

ACTIVE PARENTING

- Focused on children ages 5-12 yrs
- Use nonviolent discipline that works
- Open up lines of communication—before they get clogged
- Prevent problems with drugs, alcohol, and sex
- Stop scolding and start smiling with your kids again
- Attend 6 sessions

LIFESKILLS TRAINING PARENT PROGRAM

- Addressing adolescence
- Interactive, skills-based
- Help you promote positive health and personal development in children
- Collaborative tools
- Family communication
- Role modeling
- Recognize warning signs of substance use

CLASS LOCATION

AHCS Behavioral Health and Wellness Annex
310 South Monroe Ave, Covington, VA 24426

DETAILS

- Classes are held on Tuesdays and Thursdays.
- You must pre-register to attend class by visiting www.ahcsb.org or calling **540-965-2100**
- Participants will receive a certificate of completion at the end of class as proof of participation
- Participants' confidentiality is respected
- Assistance with childcare and transportation may be available and must be requested in advance
- Classes are open to anyone in the community
- Materials will be provided
- Reasonable cost; assistance may be available and should not be a deterrent to attend class