

Online Class Descriptions

www.ParentingSkills.com

Hello

Thank you for your consideration of **ParentingSkills.com**, a program of **Able 2 Adjust, Inc.®**. We are dedicated to helping individuals and families build practical skills, strengthen relationships, increase self-awareness, and create positive, lasting change.

Our online educational programs address topics such as parenting and co-parenting, family relationships, anger management, healthy communication, accountability, recovery, resilience, and support for children, youth, and families facing challenging circumstances.

We also offer **Enrichment Intervention Modules** (EIMs), targeted, skills-based lessons designed to strengthen emotional intelligence, decision-making, communication, self-regulation, and problem-solving. Through flexible, self-paced learning, our programs provide practical tools participants can use in everyday life.

We are grateful for the opportunity to support the individuals and families you serve and to work alongside you in fostering growth, accountability, resilience, and positive change.

Sincerely,

Michelle Muncy

Director of Operations
Able 2 Adjust, Inc.®

TRANSFORMING FUTURES THROUGH ONLINE LEARNING

01 Co-Parenting — CARE

PARENT

2 hrs	A quick introduction to co-parenting after divorce or separation. Parents learn how divorce affects children, how to take care of themselves during the transition, and simple ways to keep communication with the other parent focused on the kids. Check that your county accepts a 2-hour class before you enroll.	**$29.99**
4 hrs	A skills-based co-parenting class that meets the minimum requirement in many counties. Parents learn to manage the emotional side of divorce, help children adjust to two homes, parent on their own with confidence, and communicate with the other parent without putting children in the middle.	**$49.99**
6 hrs	Built for counties that require six hours of parent education. This divorce class covers self-care during separation, children's reactions at different ages, single-parent routines, cooperative co-parenting and moving forward, with practical tools to lower conflict and put children's well-being first.	**$69.99**
8 hrs	An expanded co-parenting class focused on healthy relationships after divorce. Parents learn to rebuild trust, set respectful boundaries with a former partner, handle new partners and blended families, and keep strong, loving bonds with their children through the transition.	**$89.99**
10 hrs	A premium divorce and co-parenting class that emphasizes character building. Parents grow in patience, responsibility, respect and emotional maturity while learning to model positive values, support children through change, and build a cooperative co-parenting relationship that lasts.	**$99.99**
12 hrs	A co-parenting class focused on higher conflict divorce and separation. Parents learn anger management, how to calm heated exchanges, set boundaries and communicate through conflict, while protecting children from the stress of ongoing disputes between their parents.	**$139.99**
16 hrs	Our most comprehensive co-parenting and divorce class. This in-depth program covers every part of the transition: emotional recovery, children's needs at every age, single parenting, anger and conflict management, healthy relationships and long-term co-parenting plans. Parents finish with the tools to create stable homes and help their children thrive after separation.	**$169.99**

THEORIES AT CBT DT FST

02 High-Conflict Co-Parenting — Co-Parenting Without Conflict®

PARENT

6 hrs	A trauma-informed, high-conflict co-parenting class for parents after a difficult divorce or separation. Parents learn why some break-ups become high-conflict, how to take care of themselves and their children, and how parallel parenting can lower tension and protect the parent-child relationship.	**$69.99**
8 hrs	This trauma-informed class helps parents in contentious divorces and separations understand difficult break-ups, manage their own stress, and put children's needs first. Parents build practical co-parenting tools, including parallel parenting, to reduce conflict, keep kids out of the middle, and move forward in a healthier way.	**$99.99**
12 hrs	Goes deeper into high-conflict co-parenting, with expanded coverage of difficult break-ups, self-care, children's needs and co-parenting tools. It adds a unit on conflicts of interest, helping parents recognize competing priorities, set boundaries and use parallel parenting to protect children from ongoing disputes.	**$139.99**
16 hrs	Our most comprehensive trauma-informed, high-conflict co-parenting program. Along with the full expanded curriculum and parallel parenting, parents learn the four big skills children need, how to understand children's emotions, problem-solving strategies and how to manage their own emotions. It's designed for families facing the most serious co-parenting conflict.	**$169.99**

THEORIES CA DBT HCP

03 New Ways for Families — Parenting Without Conflict®

PARENT

6 hrs	A skills-based high-conflict co-parenting class developed with Bill Eddy and High Conflict Institute and based on the New Ways for Families® method. Parents learn to cope with stress, avoid overreacting, solve problems with their co-parent, and understand how extreme behavior affects children, so they can stay out of high-conflict court cases.	**$69.99**
8 hrs	Based on New Ways for Families® from Bill Eddy and High Conflict Institute, this class teaches parents in contested divorce or separation to manage their emotions and protect their children. It covers co-parent problem-solving and avoiding overreactions, and adds child development goals and how to raise healthy, resilient children.	**$99.99**
12 hrs	This expanded course, developed with Bill Eddy of High Conflict Institute, applies the New Ways for Families® method to the everyday challenges of co-parenting. Along with core skills for calming conflict, parents learn to create parenting schedules, work with professionals, handle new partners and blended families, and manage financial issues without fighting.	**$139.99**
16 hrs	Our most comprehensive high-conflict parenting class, built on the New Ways for Families® method from Bill Eddy and High Conflict Institute. The full program covers emotional control, co-parent problem-solving, schedules, new families and finances. It adds skills for parent-child relationships, managing children's emotions, flexible thinking and behavior management.	**$169.99**

THEORIES **CBT** **DBT**

04 Fundamental Parenting Skills — FOUNDATIONS

PARENT

24 hrs **Ages 0-18 (Birth Through Teens)** **$139.99**
Our most complete Level 1 parenting skills class, covering every stage from birth through the teen years. It includes positive discipline and developmental stages, plus sleep and potty training. It also covers self-esteem, family conflict, transitions, the big talk, harmful behaviors, bullying, social media and money management. It's ideal for families with children of different ages.

12 hrs **Ages 0-5 (Infants, Toddlers and Preschoolers)** **$79.99**
A Level 1 parenting skills class for parents of infants, toddlers and preschoolers. Learn positive discipline and your child's developmental stages, plus how to handle sleep issues, nighttime fears and potty training. It also covers building self-esteem and social skills, choosing childcare, and helping young children through transitions.

12 hrs **Ages 5-13 (School-Age and Preteens)** **$79.99**
A Level 1 parenting skills class for parents of school-age children and preteens. Learn positive discipline, how to build self-esteem and responsibility, and how to handle family conflict. It also covers having "the big talk," preventing bullying, guiding social media use, and teaching children about money.

12 hrs **Ages 13-18 (Teens)** **$79.99**
A Level 1 parenting skills class for parents of teenagers. Learn positive discipline for adolescents, how to strengthen communication, build self-esteem and responsibility, and reduce family conflict. It also covers the big talk, harmful and risky behaviors, bullying, social media and money management for teens.

THEORIES AT CBT DT

05 Parenting Skills for At-Risk Families — THRIVE

PARENT

12 hrs	Equips individuals with the skills, knowledge, and support needed to become nurturing, responsive, and effective parents who advocate for the needs of their children.	**$139.99**
24 hrs	With an emphasis on trauma and managing emotions, parents learn to overcome challenges, foster resilience and create a supportive home where children can thrive.	**$199.99**
52 hrs	Focus is on communication, conflict resolution, emotional regulation, and positive parenting techniques. Learn to overcome challenges, foster resilience, and create a supportive environment for their children's growth and well-being.	**$349.99**

THEORIES **AT** **CBT** **DT** **FST**

06 Kinship Care — LINKS

ADULT

6 hrs	Gain skills to manage stress, strengthen caregiver roles, and support children's needs during separation with practical, research-based kinship guidance.	**$69.99**

THEORIES **AT** **FST** **GLT** **TIC**

07 Anger Management — Behavioral Skills

YOUTH ADULT

12 hrs A self-paced online anger management class that builds behavioral skills for handling anger and conflict. Participants learn how anger affects emotions, family relationships and interactions with others, and how to recognize personal triggers, express feelings appropriately and use calming techniques. **$139.99**

24 hrs An in-depth online anger management class for lasting behavior change. Along with anger responses, emotions, family dynamics and conflict with others, it adds units on cognitive distortions and practical anger techniques. Participants learn to recognize impaired thinking, stay calm under pressure and focus on solutions rather than problems. **$199.99**

THEORIES CBT MT SLT

08 Batterers Intervention Program (BIP) — Behavioral Skills Plus+

ADULT

16 hrs	A self-paced online Batterers Intervention Program (BIP) that addresses domestic violence through accountability and behavior change. Participants learn about domestic violence and its impact on families, how to manage and respond to anger, and how to recognize triggers and use calming techniques to build healthier relationships.	**$169.99**
26 hrs	An expanded online domestic violence intervention class that builds on the core BIP curriculum. It goes deeper into responding to anger, moving back into family and community life, and making lasting changes, with practical skills for recognizing triggers and focusing on solutions.	**$219.99**
32 hrs	An in-depth online BIP class that expands on the internal conflicts behind abusive behavior, adjusting to family and community life, and creating change. Participants gain a deeper understanding of domestic violence and practical tools to manage anger, communicate needs and prevent repeat offenses.	**$249.99**
36 hrs	Examine the roots of abuse, its impact on relationships, and foster accountability, effective communication, and respectful behaviors.	**$269.99**
52 hrs	Our most comprehensive online Batterers Intervention Program. Along with the full expanded curriculum, it adds units on regulating emotions, personal accountability, healthy boundaries, decision-making and navigating social media. Participants build the insight and skills needed for lasting change and violence-free relationships.	**$349.99**

THEORIES **CBT** **DM** **PT** **TIC**

09 Survivor Impact and Recovery

ADULT

6 hrs This class explores the emotional, psychological, and social impact experienced by survivors of harmful behaviors. Individuals will build awareness, empathy, and accountability while understanding how their actions affect others and how to support healing and change. **$69.99**

THEORIES CBT MDT

10 Victim Impact — HOPE

YOUTH ADULT

6 hrs This course supports survivors of trauma, violence, and victimization in their healing journey. Through survivor testimonials, interactive exercises, and practical guidance, participants will explore the effects of trauma, develop coping strategies, and rebuild confidence. Learn to regain personal empowerment, set healthy boundaries, and move forward with hope. **$69.99**

THEORIES CBT MDT

11 Healthy Families & Relationships — ROOTS

ADULT

4 hrs Strengthen families with ROOTS: teaching communication, resilience, kindness, and healthy habits to support growth, stability, and positive child welfare outcomes. **$49.99**

THEORIES FST

12 Single Parent Empowerment

PARENT

6 hrs

This online class gives single parents practical tools to handle the everyday challenges of raising children on their own. Parents learn to manage stress, build routines, set consistent boundaries and strengthen their bond with their children. The class helps them build resilience and create a safe, supportive home for their children's long-term well-being.

$69.99

THEORIES **CBT** **FST**

13 Parent/Child Class

PARENT

4 hrs

A skills-based class parents take together with their children, based on the New Ways for Families® method from Bill Eddy and High Conflict Institute. Families learn the "4 Big Skills" of flexible thinking, managed emotions, moderate behaviors and checking yourself. Children gain essential coping skills for handling stress and change during separation or divorce, and parents learn to reinforce them at home.

$49.99

THEORIES **AT** **CBT** **DT** **FST**

14 Children and Youth — CoD-CoD

YOUTH

4 hrs

Specifically developed for youth ages 10-18. This skills-based intervention program addresses feelings, communication, and problem-solving techniques. It teaches children of divorce essential coping skills and healthy behaviors that foster a brighter future.

$49.99

THEORIES **AT** **CBT** **DT**

15 Tribal Resilience — HERITAGE

4 hrs Explore resilience through tribal values, storytelling, and advocacy. Build personal awareness, strengthen community ties, and develop culturally grounded strategies for healing, empowerment, and long-term well-being. **$49.99**

THEORIES AT CBT DT ITT

01 Accountability and Ownership

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

An online accountability class for teens and juveniles that teaches young people to take responsibility for their actions and understand the consequences of their choices. Through self-reflection and honesty, participants learn how owning their decisions builds trust, improves relationships with family and peers, and supports positive change and personal growth.

ADULT

Blaming others keeps people stuck. This online personal responsibility class helps adults own their decisions, follow through on commitments and make amends when they fall short. You will learn how accountability repairs damaged trust with partners, family, employers and the courts, and leave with a plan for lasting behavior change.

PARENT

Accountability builds the trust and respect that open communication depends on, especially between parents and teens. This class shows parents how to help a struggling teen take ownership of their actions, responsibilities and commitments, creating a more positive family environment.

THEORIES **BARJ** **CBT**

02 Addictive Behaviors

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

An online addictive behaviors class for pre-teens and teens, whether court-involved or simply looking for support. Young people learn how addictive behaviors, including substance use, vaping, gaming, gambling, internet and social media use, shopping and eating habits, affect their mental and physical health, relationships and quality of life, and how to make healthier choices.

ADULT

Addiction isn't limited to drugs and alcohol. This online class helps adults recognize compulsive patterns such as gambling, overspending, excessive screen time and emotional eating, and understand the toll they take on health, finances, careers and family life. Participants identify their triggers and build a practical plan for regaining control. Suitable for court-ordered or voluntary enrollment.

PARENT

Whether a parent or child, addictive behaviors can have significant impacts on both your mental and physical health, as well as interpersonal relationships, and overall quality of life. Addictive behaviors encompass a wide range of activities beyond substance abuse, including gambling, gaming, internet use, shopping, and even certain types of eating behaviors.

THEORIES **CBT** **DM*** **SLT**

03 Alcohol Abuse & Addiction

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

One drink can lead to choices that follow a young person for years. This skills-based class gives pre-teens and teens the facts about how alcohol affects a growing brain and body, and the real risks of underage drinking, from school discipline to legal trouble. They practice simple ways to say no and handle peer pressure with confidence.

ADULT

An online alcohol awareness class for adults who want to take an honest look at their drinking. Participants learn how alcohol affects the body, mind and judgment, how to recognize when social drinking turns into a problem, and the legal, health and family consequences that can follow. They leave with practical strategies for drinking less or not at all and making safer choices.

PARENT

When a child gets in trouble with alcohol, parents often don't know where to start. This class helps parents respond calmly after an incident at home, at school or with the law. Parents learn how alcohol affects a developing brain, how to have a productive conversation instead of a fight, and how to set clear rules and consequences that keep their child safer.

THEORIES CBT RT SLT

04 Alcohol Abuse & Addiction

DURATION **8 hrs** | PRICE **$89.99**

YOUTH

This in-depth, skills-based class helps pre-teens and teens understand why young people drink, how alcohol changes brain development, and how underage drinking can affect health, grades, family trust, friendships and their future. Through real-life scenarios, they practice decision-making, refusal skills and healthy ways to cope with stress, so they can make safe choices when it counts.

ADULT

This in-depth online alcohol abuse prevention class helps adults understand their drinking patterns and what drives them, from stress and habit to social pressure. Participants explore how alcohol damages health, careers and relationships, and what loved ones need from them to rebuild trust. They learn to manage triggers and cravings, refuse drinks with confidence, and create a personal plan for lasting change.

PARENT

Supports parents whose child is struggling with alcohol use or facing school or juvenile court consequences. Parents learn why teens drink, how to recognize when use is becoming a pattern, and how family stress and parents' own habits can play a role. They build skills for rebuilding trust, monitoring without pushing their child away, working with schools and courts, and knowing when to seek counseling or treatment.

THEORIES CBT RT SLT

05 Assessing Your Resources

DURATION **3 hrs** | PRICE **$39.99**

YOUTH

ADULT

An online life skills class that teaches adults to identify the resources they have and manage their time, space and money wisely. Participants learn practical ways to set priorities, reduce waste and work more efficiently, so they can reach personal and professional goals and build long-term stability.

PARENT

A practical online class for court-involved parents who are rebuilding stability for their family. Parents take stock of the resources available to them and learn to manage time, home and money: keeping a schedule, creating a safe, organized living space and budgeting for their children's needs. It's a helpful step for parents working toward reunification or completing a case plan.

06 Beyond Abuse and Neglect

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

A supportive online class for pre-teens and teens who have experienced abuse or neglect, whether court-involved or not. In a safe space, young people learn how past experiences affect them and build resilience, self-worth and healthy coping skills. They learn ways to manage trauma, form positive relationships and set goals for healing, growth and a hopeful future.

THEORIES AT PT TIC

ADULT

Past abuse and neglect can shape how adults think, feel and relate to others for years afterward. This online class helps survivors understand the lasting effects of trauma and begin to move past them. Participants practice self-compassion, learn healthy ways to cope, rebuild trust in relationships and set personal goals for recovery and growth.

PARENT

07 Building Resilience

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Setbacks don't have to define a young person's future. This skills-based class teaches pre-teens and teens how to bounce back from tough situations, manage stress and make better decisions under pressure. They build emotional strength, learn to adapt to change, form healthier friendships and family relationships, and break negative cycles, all at their own pace.

ADULT

Job loss, legal trouble, a breakup or a family crisis can knock anyone off course. This skills-based class gives adults practical tools to recover from hardship, stay steady under stress and think clearly when it matters. Participants learn to adapt to change, strengthen their relationships and replace old patterns with habits that support long-term success. Self-paced, for court-involved adults or anyone seeking personal growth.

PARENT

Resilience is key to overcoming adversity, breaking negative cycles, and fostering positive change. This course equips individuals—whether court-involved or seeking personal growth—with tools to manage stress, improve decision-making, and build emotional strength. Learn strategies for adaptability, healthier relationships, and long-term success in a flexible, self-paced format.

THEORIES **PST** **PT** **TIC**

08 Cannabis Risks & Accountability

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

This module helps youth understand the risks and consequences of cannabis use while building skills to make healthy, informed choices. Participants will learn how cannabis can impact brain development, decision-making, and future goals, along with strategies to resist peer pressure.

ADULT

This module provides adults with education on the effects and risks of cannabis use, including its impact on judgment, health, and daily functioning. Participants will develop awareness, accountability, and practical strategies to support responsible decision-making and long-term stability.

PARENT

This module equips parents with the knowledge and tools to recognize signs of cannabis use and guide their children toward healthy choices. Participants will learn effective communication strategies, prevention techniques, and ways to create a supportive and informed home environment.

THEORIES **CBT** **DM*** **SLT**

09 Child Abuse Prevention & Awareness

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

ADULT

PARENT

Child abuse is a serious and widespread problem that can have devastating consequences for children and families. It refers to any act or failure to act by a parent, caregiver, or other adult that results in harm, potential harm, or threat of harm to a child. You will learn skills to avoid child maltreatment from both a physical and emotional level.

THEORIES **AT** **CBT**

10 Collaboration Strategies

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

ADULT

This module focuses on building effective communication and teamwork skills in personal and professional settings. Individuals will learn how to resolve conflict, strengthen relationships, and work collaboratively to achieve positive outcomes.

PARENT

THEORIES **CA** **PST**

11 Coping With Disabilities

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

This module empowers youth to understand and navigate the challenges of living with a disability. Through practical strategies and self-reflection, youth will build confidence, develop coping skills, and learn how to advocate for themselves while recognizing their strengths and potential.

ADULT

Living with a disability can affect work, relationships, independence and emotional well-being. This skills-based class teaches adults practical ways to adapt daily routines, manage healthcare needs, cope with stress and frustration, and communicate their needs clearly. Participants learn to speak up for themselves, find support and resources, and build confidence for a more independent life.

PARENT

Parents with disabilities raise happy, healthy children every day, though some obstacles come up more often. This class helps parents with a disability plan around physical limitations, manage their own healthcare needs alongside their children's, and understand how the child welfare system views disability. Participants learn practical strategies, find support and resources, and speak up confidently for their family.

THEORIES **FST** **RT**

12 Creating Healthy Boundaries

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Knowing when to say no is a skill young people can learn. This skills-based class teaches pre-teens and teens how to set personal boundaries and respect other people's with friends, family and dating partners, both in person and online. They practice assertive communication, build self-awareness and learn to recognize their own needs and limits to stay emotionally safe and avoid conflict.

ADULT

Saying yes to everyone often leads to resentment, burnout and conflict. This skills-based class shows adults how to define their limits and communicate them calmly with partners, former partners, relatives and coworkers. Participants learn to hold firm without guilt, respect the limits others set, and protect their own well-being.

PARENT

Teens learn boundaries by watching the adults around them. This skills-based class shows parents how to set clear, consistent limits at home, model respectful communication, and talk with their teen about friendships, dating, peer pressure and social media. Parents also learn to respect their teen's growing need for privacy and independence while keeping them safe.

THEORIES **AT** **CBT** **FST**

13 Dating Violence Prevention

DURATION **3 hrs** | PRICE **$39.99**

YOUTH

Healthy relationships are built on respect, never on control. This skills-based class teaches pre-teens and teens to recognize the warning signs of dating violence, including jealousy, pressure, put-downs and controlling behavior, in person and online. They practice respectful communication, learn about consent and personal responsibility, and learn how to get help for themselves or a friend.

ADULT

Unhealthy relationship patterns often repeat until someone learns to spot them. This skills-based class helps adults identify the stages of an abusive relationship, from intimidation and isolation to emotional, financial and physical harm. Participants take an honest look at their own behavior, learn to handle disagreements without aggression, and build respectful, safe partnerships. Suitable for court-ordered or voluntary enrollment.

PARENT

THEORIES **CBT** **SLT**

14 Dealing with Loss

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Loss comes in many forms, from a death in the family to divorce, a move or a friendship that ends. This skills-based class gives pre-teens and teens tools to understand and work through grief. They learn healthy ways to cope, build emotional resilience, honor what they've been through with self-compassion, and find hope and direction for the future.

ADULT

Grief doesn't follow a schedule. This skills-based class helps adults work through the death of a loved one, the end of a marriage, the loss of a job, or separation from their children. Participants learn what grief can look like, find healthy outlets for sadness, anger and guilt, and take steps toward rebuilding daily life with purpose and hope.

PARENT

Talking to children about grief and loss can be challenging, but open and honest conversations can help them navigate difficult emotions. Learn effective methods to support children as they cope with death, separation, and other significant losses. Explore age-appropriate ways to address their questions, provide reassurance, and foster resilience during times of grief

THEORIES **AT**

15 Driving Under the Influence (DUI/DWI)

DURATION **8 hrs** | PRICE **$139.99**

YOUTH

This class educates youth on the dangers and consequences of driving under the influence of drugs or alcohol. Participants will learn how impaired decision-making affects safety, legal outcomes, and others, while building skills to make responsible choices.

ADULT

This class provides adults with an in-depth understanding of the risks, legal consequences, and real-life impact of driving under the influence. Participants will explore decision-making, accountability, and strategies to prevent future incidents.

PARENT

THEORIES CBT DM SLT

16 Driving Under the Influence (DUI/DWI)

DURATION **12 hrs** | PRICE **$219.99**

YOUTH

This extended course offers a deeper exploration of the dangers, consequences, and long-term impact of driving under the influence. Participants will build stronger awareness, accountability, and decision-making skills to support lasting behavioral change.

ADULT

This Level 1 DUI/DWI class is for adults who have received a citation, arrest or conviction for impaired driving. Participants learn the serious risks and consequences of driving under the influence, for themselves and for others on the road. The class can be a step toward meeting court or DMV requirements while building safer, more responsible choices.

PARENT

THEORIES CBT DM SLT

17 Eating Disorder Awareness & Recovery

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

Stress, social media and pressure to look a certain way can change how young people feel about food and their bodies. This skills-based class helps pre-teens and teens understand eating disorders and what causes them, and recognize their own trigger patterns. They practice reframing negative thoughts, managing emotions and treating their bodies with kindness, building the confidence and healthy habits that support recovery.

ADULT

Eating disorders affect adults of every age and background, often hidden behind busy lives. This skills-based class explains how disordered eating develops and how stress, past experiences and cultural expectations can keep it going. Participants identify what triggers them, challenge harsh self-talk, learn healthier ways to handle difficult emotions, and build a more peaceful relationship with food and their bodies.

PARENT

This module helps parents understand the signs, causes, and impacts of eating disorders while providing practical tools to support recovery. Parents will learn how to create a supportive home environment, communicate effectively, and encourage healthy behaviors while reinforcing emotional safety and resilience.

THEORIES **CBT** **DBT** **SLT**

18 Effective Communication

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Being heard starts with knowing how to say what you mean. This skills-based class teaches pre-teens and teens to express themselves clearly, listen actively and handle difficult conversations with confidence. They practice being assertive without being aggressive, resolving conflicts, and communicating well with parents, teachers, friends and future employers.

ADULT

Most arguments start with a misunderstanding. This skills-based class helps adults speak clearly, listen without interrupting and stay calm when conversations get tense. Participants learn to state their needs respectfully, read tone and body language, and work through disagreements with partners, co-parents, family members and coworkers.

PARENT

Strong communication skills are key to building relationships and avoiding misunderstandings. This module teaches you to express yourself clearly, listen actively, and navigate difficult conversations with confidence. Participants will develop assertiveness, conflict-resolution techniques, and strategies for healthy interactions in personal, academic, and professional settings.

THEORIES **CBT** **MI**

19 Emotional Control

DURATION 3 hrs | PRICE $39.99

YOUTH

Big feelings can lead to choices young people regret. This skills-based class teaches pre-teens and teens to recognize what they're feeling, understand why, and pause before they react. They build self-awareness and self-control, practice mindful ways to handle fear, sadness and frustration, and learn to make thoughtful decisions when emotions run high.

ADULT

A single reaction made in the heat of the moment can cost a job, a relationship or time with your children. This skills-based class helps adults understand what sets off their emotions and learn to stay composed under pressure. Participants learn calming techniques, practice responding thoughtfully to stress and disappointment, and build lasting emotional stability at home and at work.

PARENT

This class is beneficial for individuals seeking to manage their emotions effectively and improve their overall well-being. We empower individuals to manage their emotions effectively, improve their relationships, and enhance their overall quality of life. By learning to regulate their emotions, individuals can experience greater resilience, mental health, and personal growth, ultimately leading to a more fulfilling and satisfying life.

THEORIES CBT DBT

20 Foster Care

DURATION 2 hrs | PRICE $19.99

YOUTH

ADULT

PARENT

Children may be placed in foster care when families face challenges. Parents and caregivers can learn to communicate and solve problems together to create a positive future for the children.

THEORIES AT FST TIC

21 Gang Violence

DURATION **3 hrs** | PRICE **$39.99**

YOUTH

Gang involvement harms young people, their families and their communities. This skills-based class teaches youth to recognize the risks of gang activity, resist peer pressure and solve problems without violence. Participants build positive relationships and learn to choose safer paths toward a better future.

ADULT

This class explores gang culture, myths, risks, and community impact. Participants learn how to avoid involvement, build healthy relationships, strengthen self-worth, and develop conflict resolution skills. The class also outlines safe strategies for exiting gang life and committing to long-term positive change.

PARENT

THEORIES CBT PT SLT

22 Gender and Self-Discovery

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

This skills-based class helps youth understand identity development, gender expression and the factors that shape self-discovery. Participants learn about brain development, stigma and bullying, and build emotional safety, resilience and healthy decision-making skills. They gain the self-awareness and confidence to make thoughtful choices for their long-term well-being.

ADULT

This module explores identity, personal growth, and self-awareness related to gender and life experiences. Individuals will develop a deeper understanding of themselves and others while building skills for respectful communication and healthy relationships.

PARENT

This module supports parents in understanding gender identity, self-discovery, and the developmental process children and teens may experience. Parents will gain tools to foster open communication, provide emotional support, and create a safe, respectful environment for their child's growth and identity exploration.

THEORIES CBT DT SLT

23 Gun Violence

DURATION 4 hrs | PRICE $49.99

YOUTH

One moment with a gun can change a young person's life forever. This skills-based class helps pre-teens and teens understand what leads to gun violence, including risk factors, emotional triggers and peer influence, and the consequences for victims, families and their own futures. They learn to calm down before reacting, set boundaries, walk away from dangerous situations and turn to trusted adults for support.

ADULT

This skills-based class helps adults examine the roots and consequences of gun violence by identifying risk factors, emotional triggers and harmful patterns. Participants learn practical tools for self-regulation, setting boundaries and making informed decisions, while building resilience and a strong support network. The class promotes accountability, recovery and safer choices that protect families and communities.

PARENT

24 Health and Wellness

DURATION 2 hrs | PRICE $29.99

YOUTH

What young people eat affects their energy, mood, focus and growth. This skills-based class teaches pre-teens and teens the basics of good nutrition: how to read food labels, build balanced meals and make smart choices at school, at home and when eating out. They learn how healthy eating helps prevent disease and supports lifelong well-being.

ADULT

Good nutrition is one of the most effective ways to prevent disease and lower healthcare costs. This skills-based class shows adults how to plan affordable, balanced meals, shop wisely on a budget and make informed food choices for themselves and their families. Participants learn how everyday eating habits influence long-term health, energy and quality of life.

PARENT

Children build their eating habits at the family table. This skills-based class teaches parents what growing kids need at each age and how to plan simple, nutritious meals and snacks. Parents learn how to handle picky eaters and limit sugary foods without daily battles, and how to model healthy choices that support their children's growth, learning and lifelong well-being.

25 Honor and Integrity

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Character shows in the choices young people make when no one is watching. This skills-based class teaches pre-teens and teens the value of honesty, responsibility and ethical decision-making. Through self-reflection, they see how integrity shapes their friendships, their reputation and their future opportunities. They learn to earn trust and to make decisions that match their values.

ADULT

Trust takes years to earn and moments to lose. This skills-based class helps adults examine how honesty and ethical choices affect their families, careers and standing in the community. Participants reflect on past decisions, take responsibility for the harm they caused, and learn to keep their word and act on their values. Suitable for court-ordered or voluntary enrollment.

PARENT

Designed to help individuals understand the importance of honesty, responsibility, and ethical decision-making. Encourages self-reflection, accountability, and personal growth, teaching you how integrity impacts your relationships, choices, and future opportunities. You will learn to build a foundation of trustworthiness and resilience, empowering you to make positive, values-driven decisions.

THEORIES **MDT** **SLT**

26 Human Trafficking Risk Factors

DURATION **6 hrs** | PRICE **$69.99**

YOUTH

This module helps youth understand how trafficking occurs, why certain individuals are targeted, and how risk factors develop. Participants explore emotional triggers, trauma bonding, and social pressures while learning boundary-setting, safety planning, and self-worth skills. The class promotes awareness, resilience, recovery, and positive choices that support long-term safety and empowerment.

ADULT

PARENT

This module educates parents on the warning signs, risk factors, and prevention strategies related to human trafficking. Parents or caregivers will learn how to recognize vulnerabilities, strengthen protective factors, and guide their children in making safe, informed decisions in both online and real-world environments.

THEORIES **AT** **CBT** **RT** **SLT**

27 Impulse Control

DURATION 4 hrs | PRICE $49.99

YOUTH

Acting first and thinking later gets a lot of young people in trouble. This skills-based class teaches pre-teens and teens to stop, think and weigh the consequences before they act. They learn to spot their triggers, manage impulsive urges, build self-discipline and practice waiting for what they want, helping them avoid risky behavior and make better choices.

ADULT

Impulsive spending, angry outbursts and snap decisions can undo years of hard work. This skills-based class helps adults understand why urges feel so strong and how to interrupt them. Participants identify their high-risk situations, practice techniques for delaying action, and learn to weigh long-term goals against short-term relief, building steady habits of self-discipline.

PARENT

The part of the brain that controls impulses isn't fully developed until the mid-twenties, which is why teens often act before they think. This skills-based class shows parents how to respond calmly to impulsive behavior, set consistent rules and consequences, and coach their teen to pause, consider outcomes and wait for rewards. Parents also learn how modeling self-control at home helps teens build it.

THEORIES CBT

28 Intergenerational Trauma

DURATION 4 hrs | PRICE $49.99

YOUTH

The pain passed down through generations is not your fault, and you have the power to break the cycle. This skills-based class offers Native youth a compassionate look at intergenerational trauma and cultural disconnection, and how they can affect families today. Through storytelling, self-awareness and traditional values, pre-teens and teens build a stronger sense of identity, learn healthy ways to heal, and grow the resilience to shape a different future.

ADULT

It's never too late to heal, and healing yourself helps the generations that come after you. This skills-based class offers Native adults a compassionate look at intergenerational trauma and cultural disconnection, and how unhealed pain can shape parenting, relationships and daily life. Through storytelling, self-reflection and traditional values, participants reconnect with their identity, learn healthy ways to cope, and take steps to break the cycle for their children and grandchildren.

PARENT

THEORIES AT ITT SLT

29 Managing Conflict

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Disagreements are part of life, and how young people handle them makes the difference. This skills-based class teaches pre-teens and teens to see other points of view, show empathy and say what they mean without starting a fight. They practice calming tense situations, clearing up misunderstandings and finding win-win solutions, building problem-solving skills for peaceful, respectful relationships.

ADULT

Unresolved conflict strains marriages, co-parenting, friendships and careers. This skills-based class gives adults a step-by-step approach to working through disputes: listening to understand, staying calm when tempers rise, and separating the person from the problem. Participants learn to negotiate fairly, repair misunderstandings and reach agreements both sides can live with.

PARENT

Conflict is a normal part of family life. This skills-based class teaches parents what conflict is and how to handle it in creative, constructive ways. Families learn to communicate clearly, settle disputes peacefully and strengthen their bonds, creating a calm, supportive home for every member.

THEORIES **CA** **CRT**

30 Motivational Mindset

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Success starts with believing you can grow. This skills-based class teaches pre-teens and teens to set goals they care about, beat procrastination and stay focused when things get hard. They build self-discipline and persistence, learn to treat mistakes as chances to improve, and gain the confidence to take charge of their own futures.

ADULT

Feeling stuck is often about mindset more than circumstances. This skills-based class helps adults clarify their purpose, set realistic goals and break them into manageable steps. Participants learn why they procrastinate, build daily habits that keep them moving, and develop the persistence to stay on course after setbacks. Suitable for court-ordered or voluntary enrollment.

PARENT

THEORIES **MI** **PST**

31 Navigating Multiple Homes

DURATION 2 hrs | PRICE $29.99

YOUTH

This module helps youth develop the skills needed to adjust to living between multiple homes. Participants will learn how to manage emotions, communicate effectively, and create stability while navigating changes in routines and family dynamics.

ADULT

PARENT

Change can be hard on children. This skills-based class teaches parents, caregivers and professionals how transitions affect a child's well-being and gives them practical tools to offer support. Caregivers learn to help children handle change with resilience, confidence and a sense of security.

THEORIES AT DT SLT

32 Negative Influences and Decisions

DURATION 2 hrs | PRICE $29.99

YOUTH

The people and habits around young people shape the choices they make. This skills-based class teaches pre-teens and teens to recognize negative influences, from peer pressure to harmful habits and risky behavior, and to stand firm against them. They learn to size up a situation, weigh the consequences and choose what fits their own values and goals, building self-confidence and positive ways to cope.

ADULT

Old friends, old habits and familiar places can pull adults back into the same trouble. This skills-based class helps participants identify the people and situations that lead them toward harmful choices and plan how to respond differently. They learn to think decisions through, set limits with those who hold them back, and build a support network that matches the life they want.

PARENT

This skills-based class gives parents the tools to help their children recognize and resist harmful influences. Parents learn how to guide kids through challenging situations, encourage informed, responsible choices, and build the confidence and resilience children need to stay on a positive path.

THEORIES CBT SLT

33 Negotiating Without Escalating

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Getting what you need doesn't have to turn into an argument. This skills-based class teaches pre-teens and teens how to negotiate with parents, teachers, friends and others in a calm, respectful way. They learn to keep their emotions in check, cool down a heated moment, find common ground and speak up for themselves while still considering what the other person needs.

ADULT

A raised voice can end a negotiation before it starts. This skills-based class shows adults how to prepare for tough discussions about money, schedules, custody or work, and keep them productive. Participants learn to lower the tension, ask for what they need without making demands, find shared interests and reach compromises that hold up.

PARENT

Curfews, screen time, chores and car keys can turn any home with a teenager into a daily standoff. This skills-based class teaches parents how to negotiate with their teen without yelling or giving in. Parents learn to stay calm when pushed, decide which rules are firm and which are flexible, and reach agreements their teen will keep.

THEORIES AT FST

34 Reckless Driving

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

A split-second mistake behind the wheel can change a teen's life. This skills-based class helps young drivers recognize risky habits and replace them with safer ones. Teens learn to put the phone away, never drive impaired, control their speed and stay calm on the road, building the confidence and commitment to drive responsibly for life.

ADULT

Speeding tickets, license points and higher insurance rates are only part of what reckless driving costs. This skills-based class helps adult drivers take an honest look at habits like speeding, tailgating, phone use and road rage. Participants learn defensive driving techniques, ways to stay patient in traffic, and why sober, focused driving protects everyone on the road.

PARENT

35 Reckless Driving

DURATION 8 hrs | PRICE $89.99

YOUTH

This class helps youth understand the dangers of reckless driving behaviors such as speeding, distraction, and risk-taking. Participants will learn how these choices impact safety and legal outcomes while building safer driving habits.

ADULT

This class provides adults with insight into the risks and consequences of reckless driving. Participants will explore accountability, decision-making, and practical strategies to reduce risky behaviors and promote safer driving practices.

PARENT

36 Reunification

DURATION 4 hrs | PRICE $49.99

YOUTH

Youth and parents may be separated for extended periods due to foster care, parental incarceration, military deployment, or no-contact orders. This module helps parents and children stay connected, manage emotions, and prepare for a smooth reunification. Participants will learn strategies to rebuild relationships, set expectations, and create a positive, supportive transition.

ADULT

Foster care, incarceration, military deployment or a no-contact order can keep parents and children apart for months or years. This skills-based class helps parents stay connected with their children during a separation and prepare for the day they come back together. Parents learn what to expect, how children may react at different ages, and how to rebuild trust for a positive, lasting reunification.

PARENT

Coming home after a long separation is a big adjustment for a child. This skills-based class shows parents how to help children feel safe and settled, whether the separation was due to foster care, incarceration, deployment or a court order. Parents learn to go at the child's pace, answer hard questions honestly, respond to anger or clinginess with patience, and rebuild routines that restore a sense of security.

THEORIES AT FST TIC

37 Safety Concerns in the Home

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

ADULT

PARENT

Safety concerns for children encompass a broad range of issues, all of which are critical to address, in order to ensure the well-being and protection of children. Addressing these safety concerns requires a multi-faceted approach involving parents, caregivers, educators, communities, and policymakers. By prioritizing children's safety, and implementing preventive measures, we can create environments where children can grow, learn, and thrive free from harm.

THEORIES CBT

38 Self-Advocacy

DURATION **3 hrs** | PRICE **$39.99**

YOUTH

Speaking up for yourself is a skill, and it can be learned. This skills-based class teaches pre-teens and teens to say what they need clearly and respectfully at school, at home, in court and with other adults. They build confidence, set personal goals and learn to make informed decisions, so they can take charge of their future and stand strong against negative influences.

ADULT

Courts, caseworkers, doctors and employers make decisions that affect your life, and you have a right to be heard. This skills-based class teaches adults how to prepare for important conversations, ask the right questions, state their needs with confidence and know when to ask for help. Participants learn to make informed choices and take an active role in their own future.

PARENT

THEORIES RT

39 Self-Harm

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

When emotions feel like too much, young people need safe ways to cope and people they can turn to. This skills-based class helps pre-teens and teens understand the feelings and situations behind self-harm, without judgment. They learn healthy coping skills, ways to calm strong emotions, and how to reach out to a trusted adult, building resilience and a path toward recovery.

ADULT

Self-harm in adults is more common than most people realize and is often kept hidden. This skills-based class helps participants understand the emotions, situations and surroundings that put them at risk. They learn practical safety strategies, healthier ways to manage distress, and how to build a supportive environment and ask for help, with a compassionate, sustainable approach to recovery.

PARENT

This module helps parents understand the warning signs, risk factors, and underlying causes of self-harm. Participants will learn how to respond with empathy, communicate effectively, and provide support while guiding their child toward healthier coping strategies and professional resources.

40 Sexual Assault

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

This module provides youth with age-appropriate education on boundaries, consent, and personal safety. Youth will learn how to recognize unsafe situations, understand their rights, and build confidence in seeking help and making safe, informed choices.

ADULT

This mdule provides education on the impact, prevention, and awareness of sexual assault. Individuals will learn about consent, boundaries, and accountability while gaining tools to support safety, healing, and informed decision-making.

PARENT

THEORIES **CBT** **SLT** **TIC**

41 Social Media Use & Misuse

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

What gets posted online can follow a young person for years. This skills-based class teaches pre-teens and teens to use social media responsibly: protecting their privacy, thinking before they share, and handling online drama, cyberbullying and strangers safely. They learn the benefits and risks of digital life, how to set personal boundaries and how to treat others with respect online.

ADULT

A post made in anger can end up in front of a judge, an employer or a former partner. This skills-based class teaches adults to use social media responsibly: tightening privacy settings, avoiding scams, and pausing before posting about relationships, work or legal matters. Participants learn how online behavior affects their reputation and their relationships, and how to communicate respectfully, even in a disagreement.

PARENT

Social media can be a powerful tool for connection, but it requires thoughtful use during life transitions. This module focuses on the following aspects: social exposure, distraction, isolation, authenticity, privacy settings, legal implications, and impact on children.

THEORIES CBT

42 Teen Parenting for Success

DURATION **12 hrs** | PRICE **$79.99**

YOUTH

This class supports young parents in developing the skills needed to care for their child while continuing their own personal growth. Topics include responsibility, child development basics, decision-making, and building a stable and supportive future for both parent and child.

ADULT

PARENT

THEORIES CBT FST SLT

43 Theft & Shoplifting

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Shoplifting often has more to do with feelings than with wanting something. This skills-based class helps pre-teens and teens understand the emotions, thoughts and habits behind stealing, from peer pressure and thrill-seeking to stress. They learn how theft affects victims, their families and their own future, and build the self-awareness and empathy to make lasting change.

ADULT

A theft charge can cost a job, a professional license and a clean record. This skills-based class helps adults uncover the root causes of stealing, such as financial stress, compulsion or a sense of entitlement, and recognize the thinking that excuses it. Participants take responsibility for the harm they caused, learn other ways to handle the urge, and make a plan to prevent it from happening again. Open to court-referred and self-enrolled participants.

PARENT

44 Truancy Intervention

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Strategies to understand the causes and impacts of chronic absenteeism. Focus is on fostering accountability, highlighting the importance of education, and developing practical skills to improve attendance. Individuals will explore underlying factors contributing to truancy and learn how to overcome barriers, set goals, and make positive choices for their future.

THEORIES CBT SLT

ADULT

PARENT

Examining truancy causes, warning signs, laws, and proven interventions—equipping educators to use data, partner with families, and re-engage students.

45 Understanding Mental Health

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

Mental health matters as much as physical health, and talking about it is a sign of strength. This skills-based class helps pre-teens and teens understand common mental health challenges such as anxiety and depression, recognize the signs in themselves and their friends, and speak openly without shame. They learn healthy ways to cope and how to know when it's time to ask for help.

ADULT

Many adults live with a mental health challenge without ever naming it. This skills-based class explains common conditions, their signs and symptoms, and how they can affect work, parenting and relationships. Participants learn to recognize warning signs in themselves and the people close to them, practice healthy ways to cope, and find out when and where to get professional support.

PARENT

When parents or children struggle with mental health, it profoundly impacts the family dynamic and the well-being of all members involved. This class promotes mental well-being to help reduce stigma, and fosters supportive communities, to help individuals thrive emotionally, socially, and psychologically.

THEORIES **CBT** **PT**

46 Victim Awareness

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

Helps at-risk individuals in the court system gain empathy and understanding of the impact their actions can have on others. Focus is on recognizing the effects of harm, building accountability, and fostering compassion. Participants learn to consider others' perspectives, understand the consequences of their behavior, and explore ways to make amends. This awareness empowers individuals to make more positive, responsible choices in the future.

ADULT

This class helps participants understand the emotional, psychological, and social impact of their actions on others. Topics include grief, empathy, and accountability. Learners explore the ripple effects of harm and how to make responsible choices that lead to healing and personal growth.

PARENT

THEORIES **BARJ** **SLT**

47 Wise Decision-Making

DURATION 3 hrs | PRICE $39.99

YOUTH

Every choice a young person makes shapes what comes next. This skills-based class teaches pre-teens and teens to think critically before they decide: gather the facts, look at their options, weigh the risks and picture the outcome. They practice making responsible decisions about friendships, school and their own well-being, guided by their values and goals for the future.

ADULT

This module teaches practical strategies for making thoughtful, responsible decisions in everyday life. Individuals will learn how to evaluate risks, manage emotions, and apply structured decision-making techniques to create positive, long-term outcomes.

PARENT

Children learn to make good decisions by practicing, with a parent guiding them along the way. This skills-based class shows parents how to coach their child's thinking instead of deciding for them: asking open questions, talking through options and risks, and letting age-appropriate consequences teach. Parents learn when to step in, when to step back, and how to help their child connect everyday choices to their values and goals.

THEORIES CBT MDT

48 Working With Child Welfare

DURATION 2 hrs | PRICE $29.99

YOUTH

ADULT

PARENT

An open child welfare case can feel overwhelming, and knowing how the system works helps. This skills-based class explains what parents can expect from caseworkers, courts and service providers, and what is expected of them. Parents learn how to follow a case plan, communicate and cooperate with their team, find helpful resources, and show that they can provide a safe, nurturing home for their children.

THEORIES FST

49 Your Digital World

DURATION **2 hrs** | PRICE **$29.99**

YOUTH

Phones, games and apps are part of nearly every hour of a young person's day. This skills-based class helps pre-teens and teens look honestly at how technology affects their sleep, mood, schoolwork and relationships. They track their screen time, weigh the good and bad sides of being online, set limits that work for them, and learn to use technology on purpose instead of out of habit.

ADULT

Constant notifications, endless scrolling and late-night screens take more time and attention than most adults realize. This skills-based class helps participants review their technology habits and how those habits affect their focus, sleep, stress and time with family. They learn to set device-free times, reduce distractions and use technology in ways that support their goals and mental health.

PARENT

Parenting children of today's generation comes with a unique set of challenges due to the many recent advancements in technology. There is no denying the reach technology has in our lives, as well as the lives of our children. There are also many ways in which technology can positively impact our lives and those of our children—it all depends on how the technology is being used.

THEORIES **CBT**

50 Youth and Sexuality

DURATION **4 hrs** | PRICE **$49.99**

YOUTH

Focus is on accurate, age-appropriate information about sexual health, consent, and respectful relationships. Promotes understanding of personal boundaries, healthy decision-making, and self-respect. Gain knowledge to make informed choices about sexual health, the importance of respect in relationships, and developing a positive, responsible approach to overall well-being.

ADULT

PARENT

Assisting youth in promoting healthy relationships and empowering them to make informed decisions about their sexual health Empowers youth to make informed decisions about their bodies and their lives. This class contributes to the overall well-being and resilience as they navigate the complexities of adolescence and beyond.

THEORIES **CBT** **DT**

CLASS THEORY KEY

AT Attachment Theory
BARJ Balanced and Restorative Justice
CA Conflict Assessment Model
CBT Cognitive Behavioral Therapy
CRT Conflict Resolution Theory
DBT Dialectical Behavior Therapy
DM Duluth Model
DM* Disease Model (Addiction)
DT Developmental Theory
FST Family Systems Theory
GLT Grief and Loss Theory
HCP High-Conflict Personality Theory
ITT Indigenous Trauma Theory
MDT Moral Development Theory
MI Motivational Interviewing
MT Mindfulness Theory
PST Pro Social Thinking Model
PT Psychodynamic Theory
RT Resilience Theory
SLT Social Learning Theory
TIC Trauma-Informed Care
VST Vygotsky's Sociocultural Theory

Expertise Behind Our Programs

Our courses are developed with guidance from experienced professionals in family education, domestic violence, and court-involved family services.

Education Director: Judith A. Myers-Walls, Ph.D., CFLE
Professor Emerita, Human Development and Family Studies, Purdue University, with more than 30 years of experience developing and evaluating programs for parents, families, educators, and at-risk populations.

Nolanda Robert, MS, CCFC
With more than 20 years of experience working with families impacted by domestic violence in Family Court, Nolanda has trained professionals on IPV and coercive control and overseen the development of more than 45 curriculum packages.

Able 2 Adjust, Inc.®
Since 2011, Able 2 Adjust has served more than 450,000 parents through online programs, with an 87% completion rate.

At ParentingSkills.com, our goal is to provide practical education that helps individuals and families build stronger skills, healthier relationships, and greater confidence for the future.

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