



P4P Dependency 201 Classes

Dependency 201 is an educational and skill building group including topics such as parenting, communication, healthy relationships, strengthening life skills, and ongoing support.

- **Who's invited?**
 - ANY parent that is involved in the Child Welfare System (CPS)
 - Parents strongly encouraged to attend Dependency 101 before attending 201
- **Where?**
 - All meetings will be held via Zoom.

Zoom Meeting ID: 481 584 3780
Passcode: 37p4pclass

- **Class dates/times:**
 - Thursday, January 5th, 2023 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: *Boundaries and Communication*
 - Thursday, January 12th, 2023 6:30pm-7:30pm
TOPIC TO BE DISCUSSED: *Communication*
 - Thursday, January 19th, 2023 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: *Navigating Dependency*
 - Thursday, February 2nd, 2023 2:30pm-3:30pm
TOPIC TO BE DISCUSSED: *Family Time*
 - Thursday, February 9th, 2023 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: *Self Care*
 - Thursday, February 16th, 2023 6:30pm-7:30pm
TOPIC TO BE DISCUSSED: *Transitioning Towards Reunification*
 - Thursday March 2nd, 2023 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: *Communication*
 - Thursday, March 9th, 2023 6:30pm-7:30pm
TOPIC TO BE DISCUSSED: *Goal Setting and Time Management*
 - Thursday, March 16th, 2023 1:30pm-2:30pm
TOPIC TO BE DISCUSSED: *Transitioning Towards Reunification*
 - Thursday, March 29th, 2023 6:30pm-7:30pm
TOPIC TO BE DISCUSSED: *Resources*

Please contact Johni Gibson 360-820-7419 with questions or to confirm your attendance

