



Feelings Matter Character Counts

Parenting Class – Community Action Angels NY

Topics

Compassion ~ Empathy ~ Dignity ~ Self-worth ~ Loss ~
Shame ~ Respect ~ Mistakes ~ Resilience ~ Self-doubt ~ Fear
~ Success ~ Trust ~ Friendship ~ Forgiveness ~ Personal
Experiences

Pre-Class Assignments

Read storybook pertaining to class discussion.

Complete activity sheets.

Class Time

90 minutes per week for 6 weeks. One make-up class.

Requirements for Certificate of Completion

100% attendance

Portfolio

“Behind every young child who believes
in himself is a parent who believed first.”

– [Matthew Jacobson](#)



Potential Project Partners and Participants

Diverse Requests for Information and Training:

- New York State Association of Incarceration Educators
- Buffalo Urban League
- Ford Auto Workers Union
- Erie County Department of Health
- Libraries

Potential Partners Outside of CAP Programming:

- Justice System i.e. Jail, Drug Court etc.
- Schools
- Mental Health
- Foster Care System

For more information, books and activity pages, just email or call me at:

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