



# **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

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

[pstandish@wccainc.org](mailto:pstandish@wccainc.org) 585-943-7082

