



# Systematic Training for Effective Parenting

## Once a Week Classes from 6 pm to 8 pm: Wednesday

Once a week classes from 6 pm to 8 pm:

July 23, 2025 to September 10, 2025

September 17, 2025 to November 5, 2025

\* November 18, 2025 to December 10, 2025  
(Will meet twice a week)

## Twice a Week Monday and Thursday Fast Track Classes from 6 pm to 8 pm:

June 30, 2025 to July 24, 2025

July 28, 2025 to August 21, 2025

August 25, 2025 to September 22, 2025 (No  
class on Labor Day 9/1/25)

September 29, 2025 to October 23, 2025

October 27, 2025 to November 20, 2025

All classes will be held from 6:00 pm to  
8:00 pm

\*November 18th cycle will meet twice a week  
on Tuesdays and Wednesdays

## Court Approved Parenting Classes held via Video Conferencing

Funded in part by the County of San Diego Health and Human Services Agency. This is not a school or district sponsored event.

There are two types of classes:  
The once-a-week classes are held for  
8 weeks on Wednesdays.  
Fast Track classes will be held 2  
times a week on Mondays and  
Thursdays for 8 sessions.



Call Cindy Alarcon to  
register at:  
(619) 203-2108  
Pre-registration is  
required

After finishing this 8-session course, you will:

- ✓ Receive a completion certificate
- ✓ Fulfill court and other requirements under the Welfare and Institution Code
- ✓ Have a better understanding of your child's behavior and make steps toward building a happy home