

The Parenting Center at Manning Family Children's



2026 Fall Class Schedule



504.896.9591

chparenting@LCMCHhealth.org



**Manning Family
Children's**
LCMC Health

The Parenting Center at Manning Family Children's

The Parenting Center at Manning Family Children's helps parents and grandparents with the ordinary challenges of raising children. Our team comes from a variety of backgrounds to help families grow from birth through adolescence. The Parenting Center, a community impact program, provides classes, a lending library, and a playroom. Watch our live parenting segment on WWL's cable network, WUPL 54, every other Tuesday morning at about 8:40 am.

The Center serves as

- a **resource** center where parents can learn about child development and parenting skills
- a **support** center where parents can discuss concerns with other parents and staff
- a **referral** center where parents can receive direction to community resources
- a **place** to play



The Parenting Center Playroom

Please contact The Parenting Center, 504.896.9591, for additional information.

- \$10 for 30-day pass, unlimited number of visits
- Only parents and grandparents may bring children to play
- First visit may be a free trial
- Need-based scholarships available
- Playroom is for children 3 and under
- LCMC Health employees and families of Hogs for the Cause Family Center and Ronald McDonald House receive complimentary passes.



Closures

September 7

November 26

December 25

Labor Day

Thanksgiving

Christmas

The Parenting Center staff

Katie Dilzell, Parent Educator, M.Ed
Sophia Castillo, Program Specialist

The Parenting Center partners

Debbie Regan, RN
Robert "Bobby" DiMarco, MBA, B.S., RRT
Ashlie Schlatweiler, M.M., MT-BC
Claire B. Poché, LPC
Rachel Lang, LCSW
Ann Tilton, MD

Director of Specialty Practices in Community Impact

Anamaria Villamarin-Lupin, LCSW-BACS

Follow us!



Physical Address

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New Orleans, LA 70118
504.896.9591
email: chparenting@LCMChhealth.org

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

manningchildrens.org/theparentingcenter

Registration is required for all classes.

To register, call 504.896.9591 or email chparenting@LCMChhealth.org

The Parenting Center 2026 Fall Schedule

Programs will be offered virtually **V** on Zoom, or in person **P** at The Parenting Center or Worley Hall.

Parent information and support programs



These programs are **free** and open to the public – no registration required. Call **504.896.9591** or email **chparenting@LCMChhealth.org** for the Zoom link or more information.



Snuggles & Struggles New Parent Group (birth–6 months)

Facilitated by a parent educator, this free weekly hybrid support group provides connection and shared learning with new parents and babies. Drop in and come as you are! Need to join virtually? Call or email us to receive a Zoom link.

Tuesdays

10:30–11:30 am

The Parenting Center and Zoom



Parenting Advice by Telephone

Call 504.896.9591 for an informal chat with one of our Parent Educators. Get tips to address your parenting questions and concerns. Free.

Monday–Friday

9 am–4:30 pm

depending on staff availability

Tune In for Tips

Watch our live parenting segment on WWLTV's cable network, WUPL 54, every other Tuesday mornings at around 8:40 am.

September 1, 15, 29

October 13, 27

November 10, 24

December 8, 22

Parent-child activities



- P Playtime in the Playroom**
Come for some quality parent/child time! Our playroom is located on the State Street campus of Manning Family Children's and is designed specifically for children three and under. It's a great place to play and socialize. Your first visit is free.

Monday-Friday

9 am-Noon

1-4 pm

One Saturday each month:

September 26

October 24

November 28

December 19

10 am-Noon

The Parenting Center

- P Lets Make Music! (0-3 years)**
Join us two mornings every week to sing, dance, and move to the beat. The music class is free and open to the public. The program meets outdoors when weather permits, or indoors at The Parenting Center or Worley Hall.

Mondays

9:45-10:15 am

Fridays

10:45-11:15 am

- P Let's Have Fun! Art and Messy Play (1-3 years)**
Enjoy the fine "art" of making a mess.

Wednesdays

10:30-11 am

The Parenting Center



Music Class

Every Monday and Friday
Morning



Art Class

Every Wednesday
10:30 am

Community programs



Fee varies, registration required

P

Car Seat Fitting Station

Installation by a nationally certified technician. Register online. Free.

3rd Tuesday of every month

September 15

October 20

November 17

December 15

9–11 am

**Manning Family Children's parking garage
1st floor**



P

CPR (9 years–adult)

Once a child begins puberty, CPR techniques change. This hands-on class for adults, teaching life-saving skills for older children, teens, adults, and seniors. Learn the most up-to-date techniques in the American Heart Association's "Family and Friends" non-certification course. One session. \$25 per person.

Tuesday

October 6

6:30–8:30 pm

Worley Hall

P

Infant and Child CPR (0–8 years)

Gain confidence and peace of mind by learning CPR techniques specifically designed for infants and young children. This hands-on class is perfect for new and expecting parents, grandparents, and caregivers. Learn these essential life-saving skills in the American Heart Association's "Family and Friends" non-certification course. One session. \$25 per person.

Thursdays

September 17

October 15

November 19

December 10

6:30–8:30 pm

Worley Hall

P

Focus on Children Co-Parenting Class

Learn how to limit the impact of separation and divorce on children. Certificate of attendance will be provided. Co-parents attend separately. Call 504.896.9591 to register. One session. \$30 per person.

Wednesdays

October 14

December 9

4:30–6:30 pm

The Parenting Center

V

Grandparenting 101

A lot has changed! Learn the basics to best support your children as parents. Free. Pre-registration required. Call 504.897.7319 or visit touro.com/events.

Wednesday, October 21

6–7 pm

Zoom

Parenting classes, toddlers to teens



Registration required, fee varies, need-based scholarships available

Call **504.896.9591**, email **chparenting@LCMHealth.org**, or go to our website to register

- P** **Parenting for Resilience (all ages)**
Explore ways to build family resilience through The Parent-Child Relationship as a Space for Healing program. Understand the impact of adversity and stress on child development, strategies to build resilience, and the importance of parental self-care. One session. Free.

September 23

5:30–6:30 pm

The Parenting Center



New class

- P** **Early Connections (0–3 years)**
The Early Connections curriculum from Zero to Three is being offered as a two-part series. The program is designed to promote parents' capacity for self-regulation and co-regulation with children; support the understanding and use of age-appropriate limit-setting strategies; and expand the use of responsive caregiving approaches. Two sessions, parents attend both sessions. Free.

Thursday, October 1, 8

5:30–7 pm

The Parenting Center

- P** **Dealing with Challenging Behaviors (3–8 years)**

Learn developmentally appropriate ways to prevent and handle challenging behaviors. One session. Free.

Wednesday, September 16

6–7 pm

The Parenting Center

- P** **Positive Discipline (3–10 years)**

Learn how to use Dr. Jane Nelsen's Positive Discipline program to teach your children to be responsible, respectful, and resourceful members of their communities. Two sessions. Free.

Part 1: Learning opportunities, feelings, and "bonus" strategies

Part 2: Communication, tools for parents, and strategies all families can use.

Thursday, November 5, 12

6–7:15 pm

The Parenting Center

- P** **All Behavior is Communication (3–12 years)**

In partnership with ThriveKids

Learn how to understand what your child is really trying to express through their behavior. Explore why tantrums, defiance, big emotions, and shutdowns often happen when children feel overwhelmed, frustrated, or don't yet have the words or skills to communicate effectively. Leave with simple tools to build skills, respond with empathy, and set loving, consistent boundaries. One session. Free.

Wednesday, September 30

5:30–6:30 pm

The Parenting Center

P Effective Communication with Children and Teens (4–18 years)

Consider your child's development and your parenting style to develop communication strategies that encourage cooperation, avoid power struggles, and focus on strengths. One session. Free.

Wednesday, December 2

5:30–6:30 pm

The Parenting Center

P Youth and Social Media: Staying Safe Online (6–18 years)

In partnership with the Morgan Rae Care Center

Explore the positive and negative aspects of social media, including cyberbullying and its impact on child development. Learn strategies to respond effectively, set healthy boundaries, and normalize regular conversations about online use. One session. Free.

Wednesday, October 21

6:30–8:30 pm

Worley Hall

P Parenting LGBTQIA+ Teens

In partnership with the Morgan Rae Care Center

Are you new to learning about LGBTQIA+ identities and parenting a teenager? This introductory session covers key terms, identity development, and the challenges LGBTQIA+ youth face, including stigma, discrimination, and identity-related stress. Learn how these pressures impact mental health and leave with guidance on how to support and affirm your child.

One session. Free.

Wednesday, November 18

5–6:30 pm

Worley Hall



P**Growing Up for Girls (9–12 years)**

Learn about female anatomy, puberty, menstruation, hygiene, and body image. This class provides guidance on caring for changing bodies, building confidence, and feeling empowered while navigating new experiences with independence and understanding. Girls participate with their parent or caregiver. One session. \$20 per child.

September 15**October 20,****November 17****December 15****6:30–8:30 pm****Worley Hall****P****Growing Up for Boys (9–13 years)**

Learn the essentials of male and female anatomy, puberty, and hygiene, along with the emotional and social changes of growing up. This class offers boys guidance on how to build confidence, take on more responsibility, and make mature, healthy decisions as they grow into young men. Boys participate with their parent or caregiver. One session. \$20 per child.

October 13, December 8**6:30–8:30 pm****Worley Hall****P****Growing Up Part 2: The Talk (12–15 years)**

Co-ed class for teens who have taken **Growing Up for Girls or Boys**

Review anatomy and learn accurate information about sex, conception, healthy relationships, consent, and gender and sexuality. This class encourages and supports ongoing, open communication between you and your teen. Part 2 is a mixed class of all genders. Teens attend with their parent or caregiver. One session. \$20 per teen.

Thursday, September 3**6:30–8:30 pm****Manning Family Children's Conference Room****Thursday, November 12****6:30–8:30 pm****Worley Hall**



Notes

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Manning Family Children's

LCMC Health

200 Henry Clay Ave.
New Orleans, LA 70118

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**[manningchildrens.org/
theparentingcenter](http://manningchildrens.org/theparentingcenter)**
504.896.9591

Follow us @manfamparentingcenter

Manning Family Children's is committed to meeting the needs of the diverse population that we serve. We do not discriminate on the basis of race, creed, color, national origin, religion, age, sex, sexual orientation, disability or handicap in any of our activities or operations.

If you prefer to communicate in a language other than English, language services are available upon request.

Play

Learn

Grow