

# The Parenting Center at Manning Family Children's



2025 Fall Class Schedule



504.896.9591

[chparenting@LCMCHealth.org](mailto:chparenting@LCMCHealth.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**



## Membership at The Parenting Center

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

- \$10 per month (30 days)
- Membership includes parents and grandparents; only parents and grandparents may bring children to play
- First visit may be a free trial
- Need-based scholarships available
- Playroom is for children under 4 years old and is available by reservation



## Closures

September 1  
November 27  
December 25

Labor Day  
Thanksgiving  
Christmas

### The Parenting Center staff

Katie Dilzell, Parent Educator, M.Ed  
Julia Chelmowski, Program Specialist, B.S.Ed

### The Parenting Center partners

Debbie Regan, RN  
Robert "Bobby" DiMarco, MBA, B.S., RRT  
Ashlie Schlatterweiller, M.M., MT-BC  
Heide Winston, M.A.

### Director of Specialty Practices in Community Impact

Anamaria Villamarín-Lupin, LCSW-BACS

Registration is required for all classes.

To register, call 504.896.9591 or email [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org).

Follow us!



### Physical Address

210 State St.  
New Orleans, LA 70118  
504.896.9591  
email: [chparenting@LCMHealth.org](mailto:chparenting@LCMHealth.org)

### Mailing address

200 Henry Clay Ave.  
New Orleans, LA 70118

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

# The Parenting Center 2025 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)**

This weekly hybrid support group provides learning opportunities and socialization with new parents and babies. A staff member facilitates this group. Call or email us to receive the Zoom link or to let us know if you plan to attend in person. Free.

**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, twice a month on Tuesday mornings at about 8:40 am.

**September 2, 16, 30**

**October 14, 28**

**November 11, 25**

**December 9**



## 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. Reservations are required. Free for members. Free trial visit by appointment.

**Monday-Friday**

**9 am-Noon**

**1-4 pm**

**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. Members are welcome to play at The Parenting Center afterward; reservations are required for the playroom.

**Mondays and Fridays**

**9:30-10 am**

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

**Wednesdays**

**10:30-11 am**

**The Parenting Center**



### Music Class

**Every Monday and Friday**

**9:30 am**



### 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. [manningchildrens.org/theparentingcenter](http://manningchildrens.org/theparentingcenter). Free.

**3rd Tuesday of every month**

**September 16**

**October 21**

**November 18**

**December 16**

**9-11 am**

**Manning Family Children's parking garage**

**1st floor**

**P** **Infant and Child CPR (0-8 years)**  
Feel confident 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 or refresh essential life-saving skills in the American Heart Association's "Family and Friends" non-certification class. One session. \$35 per person.

**Thursdays**

**September 18**

**October 16**

**November 20**

**December 4**

**6:30-8:30 pm**

**Worley Hall**

**P** **Adult CPR (9 years—adult)**  
Once a child begins puberty, CPR techniques change. This hands-on class teaches 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 class. One session. \$35 per person.

**Tuesdays**

**September 9**

**November 11**

**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 22**

**December 17**

**4:30-6:30 pm**

**The Parenting Center**

**P** **Safe@Home by Safe Sitter® (4th, 5th, and 6th graders)**  
Prepares preteens to be safe when home alone (not the babysitting class). Participants will learn safe habits, how to prevent unsafe situations, and what to do when faced with an emergency. One session. \$40 per child, need-based scholarships available.

**Saturday, October 4**

**10-11:30 am**

**Worley Hall**

**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](http://touro.com/events).

**Wednesday, October 15**

**6-7 pm**

**Zoom**

# Parenting classes, toddlers to teens



Fee varies, registration required.

Call **504.896.9591**, email [chparenting@LCMChhealth.org](mailto:chparenting@LCMChhealth.org) or go to [manningschildrens.org/services/the-parenting-center/parenting-classes-playroom-reservations](http://manningschildrens.org/services/the-parenting-center/parenting-classes-playroom-reservations) to register.

**P Understanding Your Toddler (1-3 years)**  
Learn about toddler development and what drives certain behaviors. This class covers the benefits of routines, common concerns, and ways to address challenging behaviors. One session. Free.  
**Tuesday, September 9**  
**6-7 pm**  
**The Parenting Center**

**P Food Fight: Overcoming Picky Eating Habits (3-10 years)**  
Are you frustrated because your child only wants to eat chicken nuggets or pizza? Teach your child healthy eating habits to last a lifetime. One session. Free.  
**Thursday, September 18**  
**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 13 and 20**  
**6-7:15 pm**  
**Class takers attend both sessions**  
**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.  
**Thursday, December 4**  
**5:30-6:30 pm**  
**The Parenting Center**

**P Navigating and Balancing Social Media (13-17 years)**  
Explore how social media shapes our "reality" and keeps us connected to our devices. Learn how your smartphone use serves or doesn't serve you, and how to use social media in a responsible, mindful way. Teens attend with their parent or caregiver. Together, you will create a personalized plan for a healthier and more meaningful social media experience. One session.  
\$20 per teen.  
**Thursday, November 6**  
**5:30-7:30 pm**  
**Worley Hall**



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

Learn practical information about female anatomy, physical and emotional changes during puberty, menstruation, hygiene, and body image. Girls participate with their parent or caregiver. One session. \$20 per child.

**Tuesdays****September 16****November 18****December 16****6:30–8:30 pm****Saturday, October 18****10 am–Noon****Worley Hall****P****Growing Up for Boys (9–13 years)**

Learn practical information about male and female anatomy, physical and emotional changes during puberty, and hygiene. Boys participate with their parent or caregiver. One session. \$20 per child.

**Tuesdays****October 21****December 9****6:30–8:30 pm****Worley Hall****P****Growing Up Part 2: The Talk (12–15 years)**

*Class for those 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 not divided by gender. Teens attend with their parent or caregiver. One session. \$20 per teen.

**Thursdays****September 11****November 13****6:30–8:30 pm****Worley Hall**





# Manning Family Children's

LCMC Health

200 Henry Clay Ave.  
New Orleans, LA 70118

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

**Follow us @chnolaparentingcenter**

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**