

The Parenting Center at Manning Family Children's



2026 Spring Class Schedule



504.896.9591
chparenting@LCMHealth.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 Playroom

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 3 and under
- LCMC Health employees and families of Hogs for the Cause Family Center and Ronald McDonald receive free membership!



Closures

January 1	New Year's Day
January 19	Martin Luther King, Jr.
February 17	Mardi Gras

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 Schlatweiler, M.M., MT-BC
Claire B. Poché, LPC
Jacqueline Oschin, MPH

Director of Specialty Practices in Community Impact

Anamaria Villamarin-Lupin, LCSW-BACS

Registration is required for all classes.

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

Follow us!



Physical Address

210 State St.
New Orleans, LA 70118
504.896.9591
email: chparenting@LCMHealth.org

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

manningschildrens.org/theparentingcenter

The Parenting Center 2026 Spring 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@LCMHealth.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, every other Tuesday morning at around 8:40 am.

January 6, 20

February 3,

March 3, 17, 31

April 14, 28

May 12, 26



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. Free for members. Free trial visit by appointment.

Monday-Friday

9 am-Noon

1-4 pm

3rd Saturday of every month

January 17

February 21

March 21

April 18

May 16

mornings 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. Members are welcome to play at The Parenting Center afterward.

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



Registration required, fee varies, need-based scholarships available

P **Car Seat Fitting Station**
Installation by a nationally certified technician. Register online. manningchildrens.org/theparentingcenter. Free.

3rd Tuesday of every month

January 20

March 17

April 21

May 19

9–11 am

Manning Family Children's parking garage

1st floor

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 class. One session. \$35 per person.

Thursdays

January 22

February 26

March 19

April 16

May 21

6:30–8:30 pm

Worley Hall

P **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

June 2

April 7

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

February 4

April 8

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, January 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
V
***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.
Wednesday, January 28
5:30–6:30 pm
Virtual on Zoom

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.
Wednesday, February 25
5:30–6:30 pm
The Parenting Center

P
***Power of Play (1–3 years)**
Learn about the importance of play and the impact it has on your child's development. Leave with tips on how to play with your child. One session. Free.
Thursday, May 28
5:30–6:30 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.
Wednesday, January 14
5:30–6:30 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, March 5, 12
5:30–6:45 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.
Wednesday, March 4
Wednesday, May 13
5:30–6:30 pm
The Parenting Center

P ***Youth and Social Media: Staying Safe Online (6-18 years)**
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, April 29
6:30-8:30 pm
Worley Hall

P ***Parenting LGBTQIA+ Teens (13-18 years)**
Understand the unique challenges LGBTQIA+ youth face, including social stigma, discrimination, and identity-related stress. Learn about the increased mental health risks and victimization that queer youth often experience due to these external pressures. Leave with practical guidance on how to support and affirm your child through informed, compassionate parenting. One session. Free.

Wednesday, March 25
5-6:30 pm
Worley Hall

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
February 24,
March 24
May 19
6:30-8:30 pm
Saturday, April 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.

Tuesday, February 3
Tuesday, April 14
6:30-8:30 pm
Worley Hall

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.

Wednesday, March 11
Thursday, May 7
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](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