

The Parenting Center at Manning Family Children's



2025 Summer 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 staff of parent educators come from a variety of backgrounds to help families grow from birth through adolescence. The Parenting Center 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

Independence Day Holiday July 4

The Parenting Center staff

Manager

Parent Educator

Program Specialist

X. Patrice Wright, M.Ed

Katie Dilzell, M.Ed

Julia Chelkowski, B.S.

Registration is required for all classes.

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

manningchildrens.org/theparentingcenter

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

The Parenting Center 2025 Summer 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, twice a month on Tuesday mornings at about 8:40 am.

June 10 and 24

July 8 and 22

August 5 and 19



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

Saturday mornings

10 am-Noon

June 14 and 28

July 12 and 26

August 16

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



Community programs



Fee varies, registration required.

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

3rd Tuesday of every month

June 17

July 15

August 19

9–11 am

Manning Family Children's parking garage

1st floor

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

Thursdays

June 26

July 17

August 21

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

June 11

August 13

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, June 7

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.

Wednesday, July 16

6–7 pm

Zoom

Parenting classes, toddlers to teens



Fee varies, registration required.

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

Thursday, June 26

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, July 24 and 31

6-7:15 pm

Class takers attend both sessions

The Parenting Center

P **Daily Routines Matter (3-11 years)**
Understand the benefits of consistent routines and learn practical strategies for creating routines that work for your family. One session. Free.

Wednesday, June 18

6-7 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, July 9

6-7 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.

Saturday, August 23

10 am-Noon

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.

Tuesday, June 17

6:30-8:30 pm

Saturday, July 26, August 16

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, June 10, August 12

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 & 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.

Thursday, July 10

6:30-8:30 pm

Worley Hall



Music Class

Every Monday and Friday

9:30 am



Art Class

Every Wednesday

10:30 am



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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 @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