

The Parenting Center at Manning Family Children's



2026 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 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!

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
Rachel Lang, LCSW
Ann Tilton, MD

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@LCMchealth.org

Follow us!



Physical Address

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

Mailing address

200 Henry Clay Ave.
New Orleans, LA 70118

manningchildrens.org/theparentingcenter

The Parenting Center 2026 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)

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

June 9, 23

July 7, 21

August 4, 18

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. Learn more about membership on Page 2. Your first visit is free.

Monday-Friday

9 am-Noon

1-4 pm

4th Saturday of every month

June 27

July 25

August 22

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



Fee varies, registration required

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

3rd Tuesday of every month

June 16

July 21

August 18

9-11 am

Manning Family Children's parking garage

1st floor



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 10

August 12

4:30-6:30 pm

The Parenting Center

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

June 18

July 16

August 20

6:30-8:30 pm

Worley Hall

P **Safe@Home by Safe Sitter® (4th, 5th, & 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 6

10-11:30 am

Worley Hall

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

June 2

6:30-8:30 pm

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 15

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.

Wednesday, July 8

5:30-6:30 pm

The Parenting Center

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 18

6-7 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.

Thursday, July 23

5:45-7 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, June 25

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, June 17 and August 5

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, July 15

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, August 26

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.

Tuesday, July 21, August 18

6:30-8:30 pm

Worley Hall

Saturday, June 27

10 am-Noon

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.

Tuesday, June 9, August 11

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, July 9

6:30-8:30 pm

Worley Hall





New classes at The Parenting Center

P **Rooted Together (3-8 years)**
In partnership with and led by Loyola University's Department of Counseling and Loyola Play Therapy Center
A psychoeducational class where parents can learn the basic skills that play therapists use to facilitate a stronger relationship with their child. The basic tenets of using the language of play, facilitating cooperation, basic and advanced therapeutic limit setting, and esteem enhancement will be covered. 8-session course. Participants must attend all 8 sessions. Limited space. Free.

Thursdays

June 4, 11, July 2, 9, 16, 30, August 6, 13

5:30-6:30 pm

The Parenting Center

P **Navigating the Teenage Brain: Understanding Development and Challenges**
Explore the neurological development that leads to some of the unexpected and sometimes risky decisions and actions we see in teens. Discuss strategies that respond to "where they are" in life. This session is facilitated by Dr. Ann Tilton, who specializes in Child Neurology at Manning Family Children's and is a Professor of Neurology and Pediatrics at LSU Health New Orleans. One session. Free.

Wednesday, August 19

5:30-6:30 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.

Tuesday, June 30

5:30-6:30 pm

The Parenting Center





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LCMC Health

200 Henry Clay Ave.
New Orleans, LA 70118

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**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