

PARENTING

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Contact Information

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NOCE's tuition-free parenting classes provide a fantastic learning opportunity for parents and other adults at no cost. Adults who take the classes gain new ideas, learn positive parenting techniques in a friendly and safe environment, or explore intriguing topics that help enhance their own wellness and family life overall.

Parenting Courses taken with Children

Parents can enjoy time learning alongside their child(ren) through NOCE's Parenting Program "Child-and-Me Classes". Courses include learning activities that align with young children's developmental stages and foster children's social, emotional, cognitive, and physical growth.

Foundation Parenting Classes

With focus on strengthening caregiver-child connections, essential methods in helping children regulate their emotions, improving feelings of safety and security, and decreasing challenging behaviors, this course provides simple, research-based techniques for every parent who wants to build a life-long positive relationship with their child.

NOCE's Love and Logic®

Love & Logic® courses help parents and other adults who care for children to develop new facets in their relationships with children, including effective communication methods and healthy boundaries, while also building understanding of each child's unique needs and behavior. Parents develop skills that help create a peaceful home environment, diminish stress and arguing, and help children and adults alike develop more self-control and increase respectful behavior. Parents also learn how to effectively encourage positive behavior and healthy development in their children of all ages, from toddlers to adults.

Child Wellness

Gain critical insight into children's behavior and how to respond effectively. Learn how to help children through changes and challenges that life can bring throughout a child's, adolescent's, or adult's life. With resources and information rooted in science, including psychology and human development, parents expand their understanding of the numerous factors that shape adults' behavior and needs as well as children's behavior and needs. Adults who complete Child Wellness classes gain understanding to become knowledgeable, effective supporters of or advocates for children in the community facing adversity or recovering from trauma.