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Our amazing teachers and staff are taking a breather before the New Year, so our live classes have concluded for December.



*That doesn't mean you have to wait for parenting support!*

### **You have 24/7, On-Demand access to Solutions Series Digital Libraries!**

[Parenting Essentials: Let's Talk About You](#) is a great place to start. One useful takeaway from this library is the importance of [Being Your Child's Calm Center](#). We hope you find meaningful ways to apply this and other skills to bring you Peace At Home.

**Don't Forget, every live class is also recorded and loaded into your [Catalog](#).** You can search by age category or class type. Each Recorded live class includes the video to watch or listen to plus helpful handouts that you can print out and share.

**What is a Solutions Series Digital Library?** A collection of brief videos and handouts that give you evidence-based strategies and essential concepts to understand and address big and small parenting challenges. You'll get tools and information to make immediate and impactful parenting decisions to reduce family stress and feel more positive and confident.

**Log into your parenting center today, to find the classes that are right for you.**

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