



Benefits for Parents

- Manage anger and stress
- Become aware of not only your child's needs, but also your own individual needs
- Improve self-worth
- Gain problem solving, decision making, compromising and negotiating skills
- Acquire appropriate discipline skills

Benefits for Children

- Learn suitable ways to express feelings
- Understand the importance of respect and family morals and values
- Develop positive self-worth
- Gain knowledge about the importance of and reasoning behind rules



*This program is funded by
First 5 Merced County*



Dave Lockridge

Founder and Executive Director of ACE Overcomers. Speaker and Author, Past Chairman, Family Wellness Council of Merced County, Vice President Governing Board Good Samaritan Mission Selma, CA, Professional Ethics Advisory Committee of ABC Home Health. Over twenty years pastoral experience in Washington and California.

CONTACT US
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Life Skills
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EDUCATION

B.S. Psychology, Liberty University, Lynchburg, VA
Cum Laude, Member Psi Chi Honor Society

B.A. Biblical Studies, Pacific Coast Baptist Bible College, San Dimas, CA. Third Year Class President

Certified Anger Management Facilitator,
Anderson & Anderson Psychological Services

Personal

Married 40 years, father of 3 grown children.



Building Healthy Life Skills

An Exciting and Informative
12 Week Course
for Parents and Children



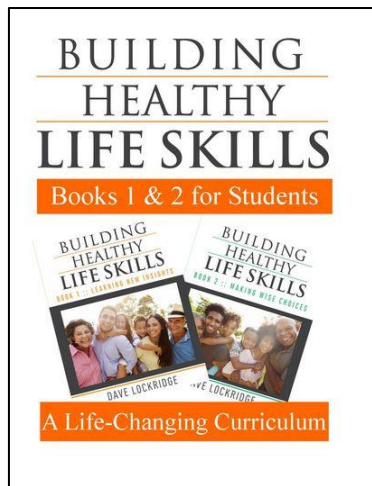
**This course is
free of charge.**

Starting January 14th, 2019

Building Healthy Life Skills is an evidence-based program. This 12-week course empowers parents and children 0-5 years of age.

You will:

- Improve Personal and Family Relationships
- Understand how Trauma Affects the Brain
- Raise Resilient Children Using Scientific Principles
- Learn the Keys to Self-Control
- Discover The 7 Most Important Questions of Every Relationship



Building Healthy Life Skills is an evidence-based curriculum which promotes children's social competence, emotional regulation, and problem-solving skills to reduce potential behavior problems.

Parents learn strong emotional and social skills that enable them to build resiliency, improve communication skills and improve family life. Reduces school drop-out, violence, drug abuse, and delinquency in later years.

About Building Healthy Life Skills

- Course begins January 14, 2019.
- Classes are every Monday night from 6-8PM (for 12 weeks).
- Children (ages 0-12) attend a class especially for them. Teenagers will attend with their parents.
- Participants must be parents (or prenatal) of children 0-5 years old.
- Parents must be willing to participate in a Pre-and Post-Questionnaire administered by the University of Merced.

Children's Class

- Communication between parents and children
- Making good decisions
- Growth and development of children in all ages and stages
- Handling feelings
- Taking charge of behavior
- Developing empathy
- Ways to handle stress and anger
- Understanding discipline and techniques
- Establishing daily routines
- Appropriate use of rewards and punishments



Participation & Eligibility

Building Healthy Life Skills is intended for parents (or expecting parents of children ages 0 through 5 years old).

This course is free of charge. To participate, you must reside in Merced County.

Location:

First Baptist Church
500 Buena Vista Drive | Merced
Mondays 6-8PM

To learn more, make a referral, or to participate:

Contact

Phil Schmauss,

Program Coordinator:

209.658.9558 or via email at
phil@aceovercomers.com