

QUARANTINING WITH KIDS

SURVIVAL TOOLS

Watch videos
and access
readings on
your own time!



Erin



Melissa



Jamie



Lynda

PARN 102: Building Stronger Family Foundations During COVID-19

- Learn how to create calm out of chaos.
- Get the tools to manage emotional meltdowns - from toddlers to teens (and adults).
- Learn healthy ways to handle disagreements and back-talk
- Get ideas for nurturing our emotional health.
- Learn how to stay in control when buttons are pushed.
- Take this course as the perfect "alone time" for parents!

(Parenting 102 classes are for adults 18 and over)

CLICK HERE for a brief video about our parenting class!

Our friendly NOCE instructors can help you create a safe place to deal with the challenges and unknowns that COVID-19 has introduced into our lives.



For more information on this class, e-mail: parenting@noce.edu



Accredited by the
Accrediting Commission for Schools,
Western Association of Schools and Colleges
533 Airport Blvd, Suite 200
Burlingame, CA 94010
Website: www.acswasc.org

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PARENTING CLASS SCHEDULE

CRN	INSTRUCTOR	DAY	START	END	WEEKLY ZOOM CALL
31280	Erin Sherard	Thurs	4/23	5/21	9 a.m.
31291	Jamie De La Mora	Thurs	4/23	5/21	9 a.m.
31289	Erin Sherard	Fri	4/24	5/22	9 a.m.
31285*	Erin Sherard	Wed	4/29	5/27	9 a.m.
31290	Jamie De La Mora	Fri	5/01	5/29	9 a.m.

***Spanish translation will be provided**

WEEKLY ZOOM CALL AND DISCUSSION IN SPANISH:

CRN	INSTRUCTOR	DAY	START	END	WEEKLY ZOOM CALL
31284	Melissa Quintanilla	Sat	5/02	6/06	10 a.m.

EMPHASIS ON PARENTING A CHILD WITH SPECIAL NEEDS:

CRN	INSTRUCTOR	DAY	START	END	WEEKLY ZOOM CALL
31283*	Lynda Gunderson	Mon	5/18	6/22	6 p.m.
31281	Lynda Gunderson	Wed	5/27	6/24	5 p.m.

***Spanish translation will be provided**

STEPS TO REGISTER INTO THE PARENTING PROGRAM:

- For new students, visit www.noce.edu/cccaply and complete the CCC Apply application. Once you receive your Banner ID via e-mail, follow the steps below.
- Look above and select the course you want to take; make note of the CRN number.
- Register for the courses in myGateway.
- To access myGateway, visit <https://mg.nocccd.edu> and use your Banner ID and password to log in.
- Once you have logged in, register for your classes using WebStar in MyGateway. You must have your course(s) CRNs to register.
- Read through this handout for [step-by-step directions on how to register using WebStar](#).
- Once registered, your instructor will reach out to you regarding how to access your course.
- For registration support, call **714.808.4679** or e-mail starhelp@noce.edu.
- For questions about the Parenting Program, call **714.808.4909** or e-mail parenting@noce.edu.