

■ Parenting Classes

Equipping Families with Practical Tools for Everyday Parenting

Our parenting classes are designed to provide families with practical tools, grounded in the **Othmothering Model™**, that foster resilience, healthy communication, and stronger family bonds. Each session blends research with real-world strategies to empower parents, caregivers, and communities.

Featured Tools & Topics:

Tool #1: Parenting Styles and Related Child Characteristics

Tool #2: Understanding Who Our Children Are

Tool #3: Being Present - The Best Gift You Can Give Your Child is You!

Tool #4: Role Modeling for Our Children

Tool #5: Empathy

Tool #6: Communication

Tool #7: Discipline

Tool #8: Stress Management

Tool #9: Children and Divorce

Tool #10: Co-Parenting, Stepparenting, and Single Parenting

Book a Class or Series Today

Bring Dr. Wicondra Stovall's parenting classes to your school, organization, or community program.

Contact: **Dr. Wicondra Stovall**

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