

QUARANTINING WITH KIDS

SURVIVAL TOOLS

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your own time!



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.



Erin



Melissa



Jamie



Lynda



Joanne



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



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Accrediting Commission for Schools,
Western Association of Schools and Colleges
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Website: www.acswasc.org

The North Orange County Community College District's (NOCCCD) North Orange Continuing Education (NOCE) Administrative Offices are located at 1830 W. Romneya Drive in Anaheim, California 92801. For more information, call 714.808.4645 or visit www.noce.edu. It is the policy of NOCCCD to provide an educational, employment, and business environment in which no person shall be unlawfully subjected to discrimination or sexual harassment, nor unlawfully denied full and equal access to the benefits of District programs or activities on the basis of ethnic group identification, national origin, religion, age, gender, race, color, ancestry, sexual orientation, marital status or physical or mental disability as defined and prohibited by state and federal statutes. The District is also committed to maintaining campuses that are free of harassment, drugs and alcohol. To read the entire NOCCCD nondiscrimination statement, see the policy in the General Information section in the back of the NOCE class schedule.

PARENTING CLASS SCHEDULE

CRN	INSTRUCTOR	DAY	START	END	WEEKLY ZOOM CALL
31279*	Melissa Quintanilla	Tues	4/21	5/19	8 p.m.
31288*	Jamie De La Mora	Wed	4/22	5/20	7 p.m.
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.
31284*	Melissa Quintanilla	Sat	5/02	6/06	10 a.m.
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.