



Parent/Caregiver classes Fall 2025

Arbor Circle provides a variety of classes for parents/caregivers in Ottawa and Muskegon counties.
All classes are free to attend!

conscious discipline skills (virtual)

Evening Series: Third Tuesday of each month - 7:30-8:30pm
Lunch Series for Dads: Second Tuesday of each month - 12-1pm

In this series we'll discuss the different skills presented in the Conscious Discipline curriculum. Participants may self-register for one or more sessions. Each session is a stand alone class. Topics include: Using the Safe Place, Assertiveness, Visual Routines, Power of Noticing, and more!

nurturing parenting (virtual)

October 13-December 15 (Mondays) 5:30-7pm

This 10-week program covers topics including discipline, communication, child development, family values, and problem-solving.

*Registration closes 2 days before class begins. Participants must complete 8 out of 10 classes to receive a certificate.

strengthening families 10-14 (in person)

Reeths-Puffer Elementary/Intermediate School
October 9-November 20 5:30-8pm

In this 7 week program, we'll work to strengthen your family relationships with a variety of skills and tools. A meal is provided, followed by breakout lessons for youth and caregivers, then a whole-group activity. Childcare is free for children under 10.

*Registration closes one week before class begins.

ekids (virtual)

October 22-November 19 (Wednesdays) 7:30pm-9:00pm

This 5 week program uses the Conscious Discipline curriculum created by Dr. Becky Bailey to develop self-regulation skills to build resilient kids.

Participants will be required to watch TWO 1-hour videos per week before each discussion session.

*Registration closes one week before class begins.

just for dads (virtual)

October 3-December 19 (Fridays) 10:00am-11:30am

This 12-week program follows the 24/7 DADS curriculum created by the National Fatherhood Initiative and explores issues of fatherhood including: anger management, discipline, nurturing, and role-modeling.

* Registration closes 2 days before class begins. Participants must complete 10 out of 12 classes to receive a certificate.

contact & registration

Scan the QR code to learn more and register



Contact Kevin Schmidt with questions - 616.980.7726
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