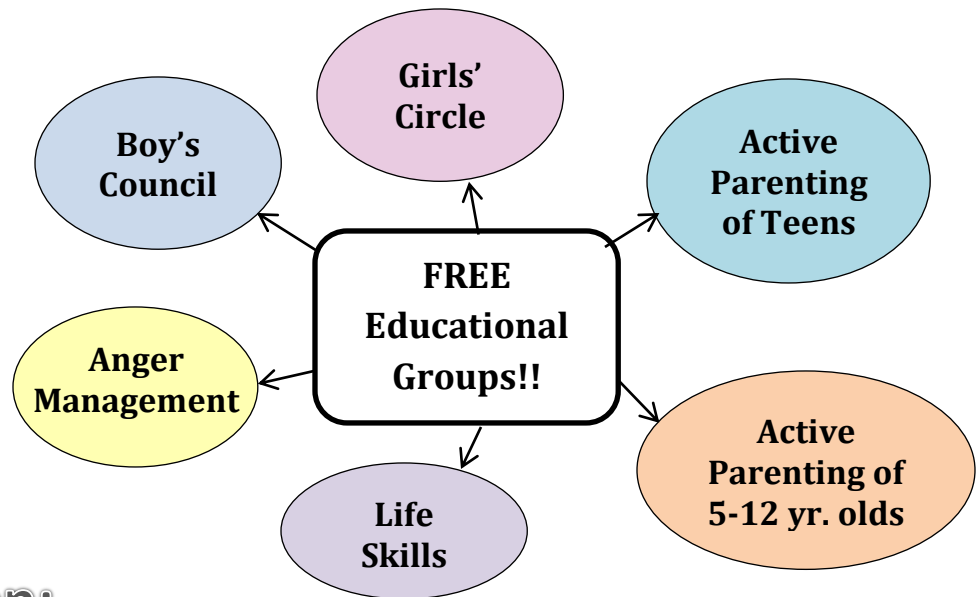
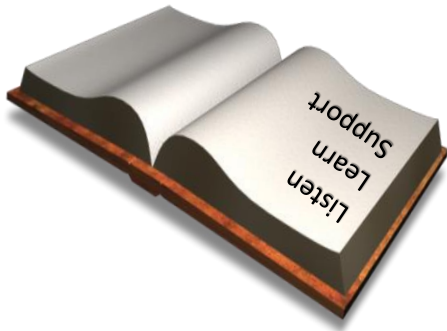




Educational Classes/Support Groups

Groups are provided to OCC residents & also open to the community; referrals from schools, juvenile courts, or other community agencies are encouraged. All classes are held in the OCC Training Center (*located behind shelter*).

For more information or to register, please contact
Tammie Diggs, Groups Coordinator
(501) 623-5591, ext. 233 or tdiggs@occnet.org



More Information:

Active Parenting of 5-12 year olds – Educational and interactive program that provides guidance & support to parents/guardians of children ages 5-12. Free childcare provided to parents attending the class. ***Meets Tuesdays, 5:30-7:30 p.m. for 6 weeks at the Garland County Library, 1427 Malvern Ave, Hot Springs, AR 71901.***

Active Parenting of Teens – Educational and interactive program that provides guidance & support to parents/guardians, helping to turn challenges of raising a teenager into opportunities for growth. ***Meets Mondays, 5:30-7:30 p.m. for 6 weeks.***

Anger Management – Educational and interactive program that provides relaxation techniques & coping skills, along with learning how to recognize anger & other emotions, for teens ages 13-17. ***Meets Wednesdays, 4:30-5:30 p.m. for 5 weeks.***

The Council for Boys and Young Men – Strength-based approach to promote healthy development for boys ages 13-18, addressing the physical, emotional and relationship aspects of manhood. Also includes evidence-based reproductive health curriculum. ***Meets Thursdays, 4:00-6:00 p.m. for 5 weeks.***

Girls' Circle – Encourages girls ages 13-18 in the development of courage, confidence, honesty and communication skills. Also includes evidence-based reproductive health curriculum. ***Meets Thursdays, 4:00-6:00 p.m. for 5 weeks.***

Life Skills – Teaches teens ages 15-18 critical skills they need to know to start on the right track to adulthood. ***Meets Fridays, 4:30-5:30 p.m.***

**unless otherwise noted, all groups are held at Ouachita Children's Center, 339 Charteroak Street, Hot Springs, AR 71901*