



**The Akira Center, Inc.**  
Keeping Family First



**Family University (FAM-U)**



**About Us:**

Family University is a movement that seeks to inspire and equip parents with the education, tools and motivation to promote and support the physical, emotional, social and intellectual development of children beginning in pregnancy and beyond. We provide child development groups, parenting education, co-parenting classes, assessment, referral, counseling and psychotherapy.

**Mission:**

To encourage strong relationships as a foundation on which to build a nurturing environment for children. We aim to equip fathers and mothers with the parenting, leadership and change management skills for family wellness.

**Our Programs & Services:**

Family University offers a range of classes to help parents with the daily adventures of having children. We guarantee that there is something for everyone. Take a look at our classes to see what is right for you.

**Monsters vs. Aliens- Parenting & Discipline**

Does your child's behavior make you wonder if they're from another planet? How do you discipline without your child thinking that you're the "monster"? Learn how to set boundaries for your children in this fun and educational class.

**Baby On Board / Baby On The Way**

It's never too early to parent your baby. As you anticipate the arrival of your child, you can start preparing—not just for the delivery, but for everything that comes after. You can start good habits now that will serve you well for the rest of your life as a parent.

**When Baby Makes 3 – Bringing Home Baby**

This class will be a fun and engaging opportunity for couples to prepare for when baby makes 3. Topics discussed will include: the importance of keeping intimacy and romance



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alive, keeping the lines of communication open, balancing work and family, finances and much more.

### Slaying The Dragon – Soothing Techniques

Work with our expert clinicians who are trained and certified in the Happiest Baby Program. Our trainers teach research based information and tools that concentrate on four basic principles that are crucial for understanding babies...improving their sleep...and, soothing their senses:

- *The Calming Reflex*: The automatic reset switch that can stop a baby's crying...and boost a baby's sleep...during the first months of life. *The 5 S's*: Five simple steps that trigger the *calming reflex*. For centuries, parents have tried these methods only to fail because, as with a knee reflex, the *calming reflex* only works when it is triggered in exactly the right way. *The Cuddle Cure* uses the 5 S's that can soothe even most colicky infants and add hours to their sleep.

### Let the Games Begin: Listen, Love, Play

Listen, Love, Play is set up for fun and interactive experiences that help teach parents and children how to learn and grow together through activities and play. Our clinicians are trained in Partners In Parenting Education also known as PIPE. The PIPE curriculum is designed to strengthen relationships by increasing the emotional availability of parents and primary caregivers. PIPE is:

- Based on sound educational and psychological research
- Child-focused
- Utilizes the expertise of all of the partners in the process
- Experiential
- Has a positive effect on the emotional relationship between a parent and his or her child
- FUN!

### Keys to the Labyrinth - Navigating the World of Child Support & Paternity

If you have concerns about going to court and are confused about the way the system works this class is for you! Learn what to expect in court, your rights as a parent concerning financial responsibility, visitation and custody. We can unpack the mystery so that you are not in the dark and left with questions about your rights and responsibilities.



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**My First Ministry – Spirituality and Family Life**

Your family is your first ministry. Being the parent, you are the authority in your home. This responsibility is not license to rule with an iron fist, but an opportunity to be the spiritual leader of your home. The actual practice is harder, much more challenging, and dare I say it ... more humbling. Learn how to include family on the list of who you serve.

This class covers how to teach your children about love, sharing your past with your children, parental values, the power of spirituality, faith and more.

**Back to Sleep - Safe Sleep Education For You And Your Baby**

SIDS is the leading cause of death in infants between 1 month and 1 year of age. Back to Sleep is an initiative backed by the National Institute of Child Health and Human Development (NICHD) at the National Institutes of Health to encourage parents to have their infants sleep on their backs.

Learn information about SIDS, how to reduce the risk of Sudden Infant Death Syndrome, in babies and how to create a healthy and safe sleeping environment for your baby. In this class parents and caregivers enjoy videos and games to help make a fun learning environment.

**Connect with Family University:**

We provide a host of services including:

- Group workshops and classes
- Consultation services
- Family workshops
- Education and referral
- Individual or group counseling
- Social service advocacy

**Contact us at:**

[www.akiracenter.org](http://www.akiracenter.org)  
[www.facebook.com/theakiracenter](https://www.facebook.com/theakiracenter)  
[www.twitter.com/theakiracenter](https://www.twitter.com/theakiracenter)

phone: 917-701-2708