

## What Has the *Courageous Parenting* Class Done For You?

The Courageous Parenting class at Genesis truly blessed our family. We went into the class not knowing what to expect, yet we quickly experienced a Christ-centered, safe environment and knew this was an opportunity to grow. In the first session, the ground rules were established for how the group would communicate. We learned many things from sharing our challenges in parenting and listening to the experiences of others in the group.

The leaders were knowledgeable and experienced; they delivered clear instruction on parenting theory. Frequently, role-playing was used to develop more effective communication skills with our children. The leaders also gave us helpful assignments in order to apply the theories we were learning.

We grew in listening to our children by asking open-ended questions with the desire to better understand their hearts. We recognized that their expressions of what troubles their hearts is not something negative that needs to be fixed, rather it is good because there is trust that would allow them to feel safe enough to share their conflicts. We are grateful for such an opportunity to learn, grow, and be challenged in our parenting.

Thomas and Heidi Kolarsky

