1. Orientation
2. Communication (Communication in general, assertiveness, and self esteem)
3. Feelings (Feelings in general, Depression & Anxiety)
4. Trauma (Immigrant, Grief/Loss)
5. Addictions and its effect on the family
6. Addictions and its Legal Complications
7. Discipline
8. Teens part I
   - Teen Development, Suicide/Self Injury, Prevention, Teen Dating Violence
9. Teens Part II
10. Sex
11. Parenting Through Play (How parents can create a closer bond with their child through play)
12. Families Living Healthy (Cultural Uniqueness, Nutrition, Exercise)
13. Celebration