

Free Online Parenting Programs/Courses

1. Parenting Guidance.org

<https://parentguidance.org/all-courses/>

On-demand courses geared towards parents covering a variety of topics, including: anxiety & depression, bullying, body image, behavior, grief & loss, meditation & mindfulness, parent support, and suicide prevention.

2. MI Parenting Resource

<https://miparentingresource.org/>

An online program “meant to support caregivers across the state in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors”.

3. Mayo Clinic Cooperation Coach

<https://anxietycoach.mayoclinic.org/cooperation-coach/>

An online program that “helps parents increase their kids' cooperation and decrease anger and other emotional outbursts”.