



Parent Education

Parenting support classes and workshops help families build & maintain healthy relationships, as well as promote a better future for your child.

The Children's Cabinet offers these classes at no cost.



You can now register online for all
Parenting Education workshops
by using the web link below:

<http://nvparentingedu.eventbrite.com>

Caregivers will be able to do the following online:

- Pre-register for any upcoming workshop 24/7
 - Be placed onto a waiting list for a workshop that is full
- Receive email reminders and updates
 - Track real-time seating availability
 - Cancel a workshop at any time

Please note:

- ❖ Phone-in registrations are still optional for participants. If you need assistance with online registration, we can support you.
- ❖ Classroom space is limited; if you cannot attend, please cancel your registration online or by phone ASAP.
- ❖ Please check online for space availability or call. Walk-in participants will only be allowed to enter the classroom if space allows or if a participant cancels.
- ❖ Please refer to the Class Guidelines and Important Information sheet for more details or click this link: (insert Parenting Class link)

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Parent Education Opportunities

10/1/2018 through 12/31/2018

Parenting support classes and workshops help families build and maintain healthy relationships, as well as promote a better future for your child. The Children's Cabinet offers these classes at no cost to families. Spanish classes are also available. Classes are for adults unless otherwise stated. PLEASE NOTE: Workshop dates, times, and locations are subject to change. Participants will be notified if changes are made.

October 2018

Class: Parenting 101: Becoming the Active Parent (all ages) **ClassID** 1421

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 10/9/2018 **Start Time:** 6:00 PM **End Time:** 8:30 PM **All session dates:** 10/09/18

Taken from the award-winning, evidence-based program - Active Parenting, we discuss the roles of parenting and what styles we commonly use, your child's brain development, and building a strong relationship with your child using mutual respect and cooperation. (2.5-hour program)

Class: Parenting 201: Helping Your Kids Learn Problem Solving Skills (ages 6+) **ClassID** 1422

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 10/16/2018 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 10/16/18

Taken from the critically acclaimed, evidence-based program - Active Parenting, we discuss how to help our kids recognize and solve common problems using sound communication skills (e.g., active listening, responding to feelings, looking for alternatives, offering encouragement, and follow-up). (3-hour program)

Class: Toxic Stress and Child Development (all ages) **ClassID** 1423

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 10/17/2018 **Start Time:** 6:30 PM **End Time:** 8:30 PM **All session dates:** 10/17/18

A child's earliest years are the most crucial for brain development. However, daily stressful environments can negatively affect their emotional, social, and physical development. We discuss how stress can affect brain development, help you identify children who might be unsafe, and steps to take when suspicion arises. (2-hour program)

Class: You and Your Child (ages 0-5) **ClassID** 1424

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 10/18/2018 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 10/18/18

Taken from the critically acclaimed curriculum Active Parenting: First Five Years, we will explore the different stages of child development during the first five years. We will also discuss what caregivers can expect and provide strategies on protecting young children from common household risks. (1.5-hour program)

Class: Parenting 301: Teaching Your Child Personal Responsibility (ages 6+) **ClassID** 1425

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 10/23/2018 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 10/23/18

Taken from the celebrated, evidence-based program - Active Parenting, we discuss how to help your child be more accountable for their actions using a proven, punish-free problem-solving model, which applies both basic and advanced disciplinary methods, choices, and logical consequences. (3-hour program)

Class: **Building a Happy Home (all ages)** *ClassID* 1426
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 10/25/2018 *Start Time:* 6:30 PM *End Time:* 8:30 PM *All session dates:* 10/25/18

A Happy Home doesn't happen by chance. Build a solid foundation, then create balance between structure and nurture. Develop character and values, so your home has strengths and harmony. Learn strategies to make lasting changes. (2-hour program)

Class: **Preventing Problems from Escalating with Your Child (ages 1-5)** *ClassID* 1427
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 10/30/2018 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 10/30/18

Derived from the curriculum Active Parenting: The First Five Years, we learn more about improving good behavior in young children by making clear rules, and establishing daily routines. We also discuss ways to work through tantrums, while focusing on building a strong, positive bond between caregiver and child. (1.5-hour program)

November 2018

Class: **Super Parents SUPERvise (ages 12+)** *ClassID* 1428
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 11/1/2018 *Start Time:* 6:00 PM *End Time:* 7:00 PM *All session dates:* 11/01/18

Super Parents Supervise is an educational opportunity for parents to learn about how alcohol, marijuana, and prescription drugs effect the body and brain development, the various places teens could be hiding drugs and alcohol, and how to talk to teens about drugs and alcohol and help prevent usage. (1-hour program)

Class: **Parenting 401: Building Up Your Child's Self Esteem (ages 6+)** *ClassID* 1429
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 11/8/2018 *Start Time:* 6:00 PM *End Time:* 8:30 PM *All session dates:* 11/08/18

Taken from the acclaimed, evidence-based program - Active Parenting, we discuss how to help your child develop more self-confidence and a higher sense of self-esteem by using a simple, yet effective proven model of problem-solving, while helping you prevent the need to always take over and "save" your kid. (2.5-hour program)

Class: **Providing Simple Choices & Consequences, while Promoting Forgiveness (ages 1-5)** *ClassID* 1430
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 11/13/2018 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 11/13/18

Caregivers often need reassurance whenever correcting a young child's misbehavior. Derived from the curriculum Active Parenting: The First Five Years, we will be exploring ways to enhance your skills by providing activities supporting positive discipline techniques (e.g., giving simple choices, following through with logical consequences, and supporting forgiveness). (1.5-hour program)

Class: **Choose Your Partner Carefully (all ages)** *ClassID* 1431
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date 11/14/2018 *Start Time:* 6:30 PM *End Time:* 8:30 PM *All session dates:* 11/14/18

The purpose of this course is to provide information on how to carefully select safe caregivers for children, including identifying warning signs and behaviors in potential significant others, babysitters, or other individuals that may care for children (2-hour program).

Class: Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) **ClassID** 1432

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 11/15/2018 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 11/15/18

Taken from the award-winning, evidence-based program - Active Parenting, we explain the age old question, "What was he or she thinking?" by first understanding what motivates our kids' behaviors, and then how to best redirect them towards making better choices using some common, yet effective techniques and strategies. (3.0-hour program)

Class: Discipline for Positive Results (ages 2-12) **ClassID** 1433

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 11/20/2018 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 11/20/18

This practical workshop for parents and guardians of children (ages 2-12) teaches effective positive discipline techniques that help children become better problem solvers and better listeners, while improving behaviors. Caregivers become "asking parents," instead of "telling parents," in order to build positive relationships, and set appropriate limits. (3-hour program)

Class: Promoting School Readiness (ages 2-5) **ClassID** 1435

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 11/27/2018 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 11/27/18

Derived from the critically acclaimed program Active Parenting: The First Five Years, we will discuss and provide activities on preparing young children for both pre- and Kindergarten. We also encourage the importance of incorporating play, lifelong learning, limiting screen time, building social skills, stimulating independence, and co-reading. (1.5-hour program)

Class: Parenting 601: Preparing Your Kids for School and Social Success (ages 6+) **ClassID** 1434

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 11/28/2018 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 11/28/18

Taken from the celebrated, evidence-based program - Active Parenting, we demonstrate how to become more involved in your child's lifelong education using proven steps toward helping your child succeed in his or her schoolwork, and to filter out any negative influences that can prevent their life success. (3-hour program)

Class: Managing Daily Family Stress using Yoga and Meditation (Family Workshop, ages 5+) **ClassID** 1436

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1

Start Date 11/29/2018 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 11/29/18

Namaste... During this family-based interactive workshop, both you and your child (ages 5+) will learn how to manage daily stress, anger, and anxiety using basic, yet powerful yoga techniques, and meditative exercises. (NOTE: Dress appropriately; bring a blanket, mat, or pillow for each member of your family) (1.5-hour program)

December 2018

Class: Taking an Active Stand Against Bullying - LIVE WEBINAR (all ages) **ClassID** 1437

Location: LIVE WEBINAR ONLY **# sessions in class:** 1

Start Date 12/5/2018 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 12/05/18

For centuries, teasing and bullying was considered a normal rite of passage. However, with social media playing a greater role now, this pastime is becoming increasingly malicious and dangerous among youth. This live Webinar addresses some common strategies on how to recognize and prevent youth bullying and cyber-bullying. (2-hour program)

Class: Emergency Preparedness for Families - LIVE WEBINAR (all ages)

ClassID 1438

Location: LIVE WEBINAR ONLY

sessions in class: 1

Start Date 12/12/2018 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 12/12/18

Disasters can happen at any time and without much warning. If your family is unprepared, the consequences can be life threatening! During this informative Webinar, we will discuss various types of natural- and human-made disasters, while helping families learn how to better prepare for them, and their aftermath. (2-hour program)



Class Guidelines & Important Information

Class Attendance

- Due to the demand for many of our classes, parents will only be allowed to sign up for the same class twice in any 12-month period.
- Please be aware of class start dates and times, and arrive to your scheduled class on time.
- Participants who are 15 minutes late or more for the scheduled class will not be admitted into the class. Participants who leave on a break and do not return will not receive attendance credit for the class.
- Please silence all phones and/or other electronic devices when entering into the classroom.
- Only registered participants are permitted in the building during class hours. All other individuals remaining will be asked to leave.
- Classes are for adults only (except PATMA , Managing Stress with Yoga and Meditation, and Active Parenting with Your Teen).
- Childcare is not provided during class times. Due to safety and liability reasons, please do not bring your children with you to class.

Certificates & Records of Attendance

- Attendance is required every night in order to receive a certificate. Series courses that have four or more class dates may allow for ONE class absence and still issue a certificate for the course. Any exceptions will be noted. Participants may request an attendance report if they need proof of attendance.
- If you register for a class and then cannot attend, please contact us immediately to cancel. Most of our classes fill up quickly. Notifying us that you cannot make it will reserve your spot for another parent or guardian who needs to attend the class.

Cancellations

- Classes may be cancelled due to weather conditions, poor class attendance (e.g., less than 5 participants preregister for the class; less than 5 participants attend the class), or other unforeseen circumstances. Efforts will be made to contact participants prior to a class cancellation. If possible, a cancelled class will be rescheduled.



Class Locations



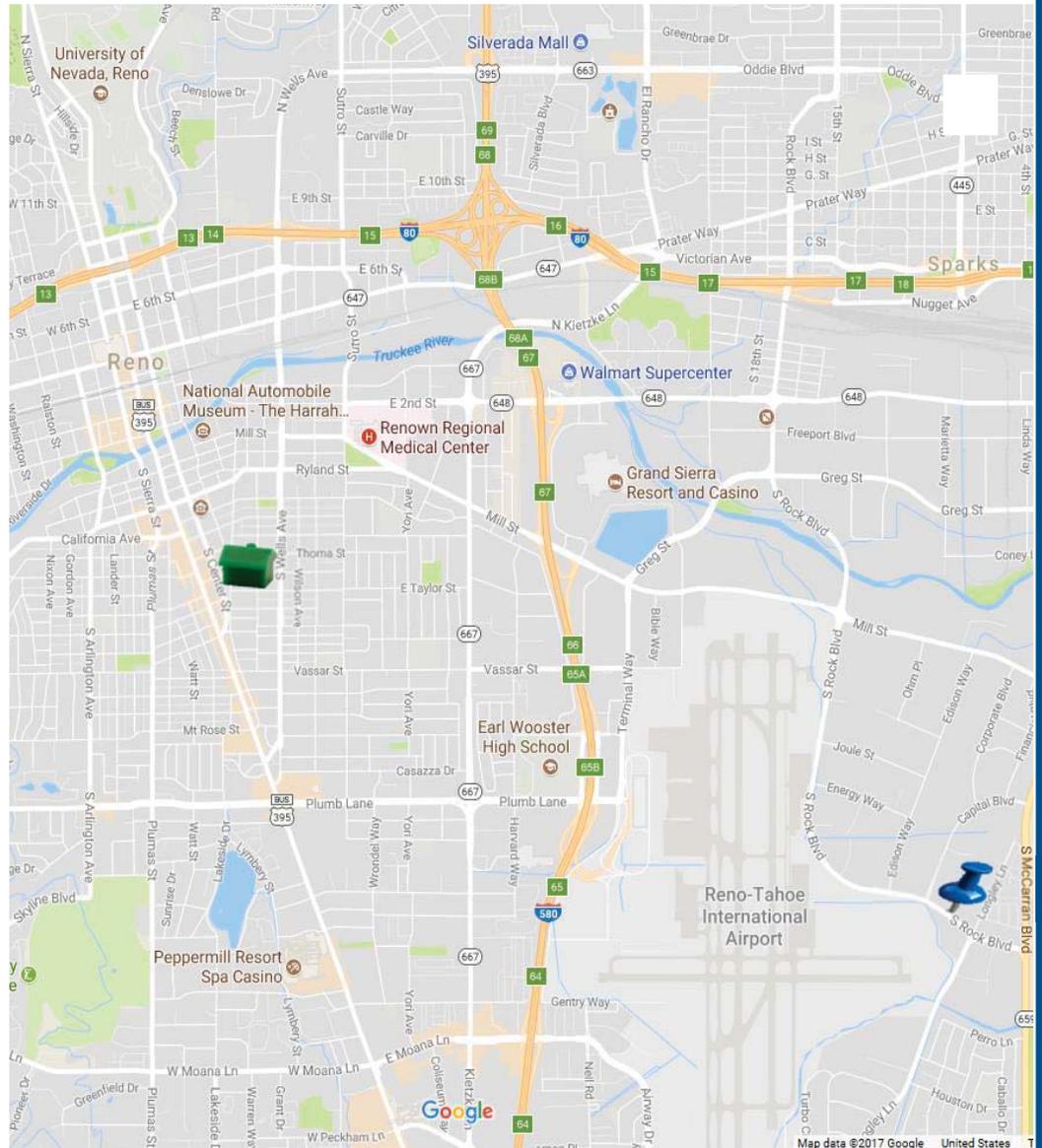
Location Key
Use the icons below to find the class location on the maps.

 [The Children's Cabinet](#)
1090 South Rock Blvd., Reno, NV 89502

 [Wilbur D. May Youth Center](#)
777 Sinclair Street, Reno, NV 89501

If you have questions about class locations, please contact Elizabeth Roldan at 775-856-0100 or email at eroldan@childrenscabinet.org

Reno / Sparks Locations





Supporting Early Education and Development

Parenting Classes Offered by Other Agencies

Community Parenting Classes

FAMILY RESOURCE CENTERS:

CARSON CITY	775.884.2269
ELKO	775.753.7352
GARDNERVILLE	775.782.8692

OTHER AGENCIES:

CARSON CITY-MOMS' PROGRAM	775.882.1361
RENO-RENOWN HOSPITAL (Prenatal)	775.853.2229
RENO-SAINT MARY'S HOSPITAL (Prenatal)	775.770.3000
STATEWIDE-NEVADA PEP (Special Needs)	800.216.5188
WCSD PARENT UNIVERSITY (Academic Based Classes Only)	775.789.4685



CHILDREN IN THE MIDDLE
Cooperative Parenting Class
www.online.divorce-education.com

PARENTING 24/7
www.parenting247.org

ZERO TO THREE
www.zerotothree.org

WASHINGTON STATE UNIVERSITY
COOPERATIVE EXTENSION
www.extprograms.wsu.edu/YOUTH/CHILD/Pages/default.asp

UNR COOPERATIVE EXTENSION
JUST IN TIME PARENTING
NEWSLETTER
www.jitp.extension.org

(disponible en Español)

CHILD CARE AWARE PARENT
NETWORK
www.ccaparentnetwork.org

For additional parenting resources visit:
NEVADA 2-1-1
www.nevada211.org



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Release of Information Form

READ FIRST: Before you decide whether or not to let The Children's Cabinet share some of your confidential information through the course of enrollment into parenting classes or class attendance history with another agency or person, staff at The Children's Cabinet or referring agency, we will discuss with you all alternatives and any potential risks and benefits that could result from sharing your confidential information. If you decide you want The Children's Cabinet to release some of your confidential information, you can use this form to choose what is shared, how it is shared, with whom, and for how long.

I understand (PLEASE INITIAL EACH BOX BELOW):

- That I do not have to sign a release form. I do not have to allow The Children's Cabinet to share my information. Signing a release form is completely voluntary.
- That releasing information about me could give another agency or person information about my location and would confirm that I have been receiving services from The Children's Cabinet.
- That The Children's Cabinet and I may not be able to control what happens to my information once it has been released to the above person or agency, and that the agency or person getting my information may be required by law or practice to share it with others.
- The Research Confidentiality Policy – It is the policy of this organization that no identifying data pertaining to individual clients will be released to outside entities for research purposes.

I understand that this Release is valid when I sign it and that I may withdraw my consent to this Release at any time either in person or in writing.

I understand that The Children's Cabinet has an obligation to keep my personal information, identifying information, and my records confidential. I also understand that I can choose to allow The Children's Cabinet to release some of my personal information to certain individuals or agencies. I, _____, authorize
Please print your first and last name

The Children's Cabinet to share the following specific information with the following:

(PLEASE INITIAL EACH AND PROVIDE CONTACT NAME(S), IF APPLICABLE)

_____ Court	_____ Probation Officer
_____ Social Services in another County or State	_____ Washoe County Social Services
_____ Attorney	_____ Other: _____

Information or records to be released and exchanged shall be limited to the following:

- Name, Address, Home & Work phone numbers
- Parenting class complete history of attendance information
- Specific class history of attendance from _____ to _____
- Copies of class Certificates
- Other _____

Signed: _____ Date: _____ Witness: _____

Expiration Date*: _____

* Expiration should meet the needs of the client, which is typically no more than 6 months but may be shorter or longer

Reaffirmation and Extension (if additional time is necessary to meet the purpose of this release)

I confirm that this release is still valid, and I would like to extend the release until _____

Signed: _____ Date: _____ Witness: _____

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Parent Education Opportunities • Registration Form

10/1/2018 through 12/31/2018

Please answer the following questions about yourself. This information is confidential and will be used for grant reporting purposes only.

Last Update 9/18/2018

Step 1: Class Guidelines & Important Information

A. You must read and understand the Class Guidelines & Important Information Sheet. Please initial that you have done so: _____

Step 2: Fill out a separate form for each attendee including other family members. Fill out this form completely.

Name: _____ Referred By: _____ Date: ___/___/___

Address: _____ City / State / Zip: _____

Phone: _____ Email: _____ Preferred Contact: Email Phone Mail

Gender: M F Do you have a diagnosed Special Need?: Yes No Number of Children: ___ Ages: _____

Marital Status: Single, never married Married Separate Divorced Unmarried, living together Widowed

Race: African America Asian Pacific Island Native America White Multi-Racial Other Ethnicity: Hispanic / Latin

Monthly Gross Income (before taxes) \$0-\$500 \$501-\$1000 \$1001-\$2000 \$2001-\$3000 \$3001-\$4000 \$4000+ Declined

Step 3: Check the class box below

in series ID

Step 4: Verify dates of class

Step 5: Select if ordered by

<input type="checkbox"/> Parenting 101: Becoming the Active Parent (all ages)	1	1421	10/09/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 201: Helping Your Kids Learn Problem Solving Skills (1	1422	10/16/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	1423	10/17/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> You and Your Child (ages 0-5)	1	1424	10/18/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 301: Teaching Your Child Personal Responsibility (ag	1	1425	10/23/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Building a Happy Home (all ages)	1	1426	10/25/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Preventing Problems from Escalating with Your Child (ages 1-5)	1	1427	10/30/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Super Parents SUPERvise (ages 12+)	1	1428	11/01/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 401: Building Up Your Child's Self Esteem (ages 6+)	1	1429	11/08/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Providing Simple Choices & Consequences, while Promoting Fo	1	1430	11/13/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner Carefully (all ages)	1	1431	11/14/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 501: Redirecting Your Child's Misbehavior (ages 6+)	1	1432	11/15/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Discipline for Positive Results (ages 2-12)	1	1433	11/20/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Promoting School Readiness (ages 2-5)	1	1435	11/27/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 601: Preparing Your Kids for School and Social Succe	1	1434	11/28/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Managing Daily Family Stress using Yoga and Meditation (Famil	1	1436	11/29/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Taking an Active Stand Against Bullying - LIVE WEBINAR (all a	1	1437	12/05/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Emergency Preparedness for Families - LIVE WEBINAR (all age	1	1438	12/12/18	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____

Step 6: Contact Elizabeth Roldan (unless otherwise noted) by mail, phone or fax to register.

Mail: The Children's Cabinet • 1090 South Rock Boulevard • Reno, NV 89502

Fax: 775-856-6208 Main Office: 775-856-6200 Direct Line: 775-856-0100