




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.

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Parent Education Opportunities

1/1/2019 through 3/31/2019

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.

January 2019

Class: Parenting 101: Becoming the Active Parent (all ages) **ClassID:** 1515

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

Start Date: 1/15/2019 **Start Time:** 6:00 PM **End Time:** 8:30 PM **All session dates:** 01/15/19

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 Good Problem-Solving Skills (ages 6+) **ClassID:** 1516

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

Start Date: 1/22/2019 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 01/22/19

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: Using American Sign Language (ASL) in Early Childhood (ages 1-5) **ClassID:** 1517

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

Start Date: 1/23/2019 **Start Time:** 6:30 PM **End Time:** 8:30 PM **All session dates:** 01/23/19

Using American Sign Language (ASL) teaches parents and guardians an alternative way on how to communicate with young children without using spoken words. This workshop provides basic strategies using both visual and kinetic communication that allows children to process information quicker, while reducing overall frustration and tantrum behavior. (2-hour program)

Class: Parenting 301: Teaching Your Child Personal Responsibility (ages 6+) **ClassID:** 1518

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

Start Date: 1/29/2019 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 01/29/19

Derived 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: Bonding through Play with Your Young Child (ages 0-5) **ClassID:** 1519

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

Start Date: 1/31/2019 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 01/31/19

From the critically acclaimed curriculum Active Parenting: First Five Years, we will explore different stages of a child's development during the first five years. We will also discuss how caregivers can promote learning through play. (1.5-hour program)

February 2019

Class: Parenting 401: Building Up Your Child's Self-Esteem (ages 6+) **ClassID:** 1520

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

Start Date: 2/5/2019 **Start Time:** 6:00 PM **End Time:** 8:30 PM **All session dates:** 02/05/19

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: Preventing Problems from Escalating with Your Young Child (ages 1-5) **ClassID:** 1521

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

Start Date: 2/7/2019 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 02/07/19

Derived from the curriculum Active Parenting: The First Five Years, we learn how to improve good behavior in young children by setting clear rules, and establishing daily routines. We will also discuss ways to work through tantrums and other disruptive behavior. (1.5-hour program)

Class: Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) **ClassID:** 1522

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

Start Date: 2/12/2019 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 02/12/19

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-hour program)

Class: Taking an Active Stand Against Bullying (ages 6+) **ClassID:** 1523

Location: Online Live Webinar Only **# sessions in class:** 1

Start Date: 2/13/2019 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/13/19

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: Parenting 601: Preparing Your Kid for School and Social Success (ages 6+) **ClassID:** 1524

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

Start Date: 2/19/2019 **Start Time:** 6:00 PM **End Time:** 9:00 PM **All session dates:** 02/19/19

Derived 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: Providing Simple Choices and Consequences with Your Young Child (ages 1-5) **ClassID:** 1525

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

Start Date: 2/21/2019 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 02/21/19

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

Class: **Choose Your Partner and Caregiver Carefully (all ages)** *ClassID:* 1526

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

Start Date: 2/26/2019 *Start Time:* 6:30 PM *End Time:* 8:30 PM *All session dates:* 02/26/19

The purpose of this workshop 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: **Stimulating School Readiness with Your Young Child (ages 2-5)** *ClassID:* 1527

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

Start Date: 2/28/2019 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 02/28/19

Derived from the critically acclaimed program Active Parenting: The First Five Years, we will discuss and provide activities to prepare your young child for both pre-school and Kindergarten. We will also encourage the importance of limiting screen time, building social skills, stimulating independence, and co-reading together. (1.5-hour program)

March 2019

Class: **Understanding ADD / ADHD (all ages)** *ClassID:* 1528

Location: Live Online Webinar Only *# sessions in class:* 1

Start Date: 3/6/2019 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 03/06/19

This informative live Webinar provides caregivers with a better understanding of attention disorders in children, recognizing the symptoms of inattentiveness and impulsivity, and specific strategies to help their child. (Webinar is for information purposes only and does not diagnose any general or specific disorders, nor provide recommended treatments) (1.5-hour program)

Class: **Healthy Relationships 101 (all ages)** *ClassID:* 1529

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

Start Date: 3/7/2019 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/07/19

Many important components go into developing healthy relationships (e.g., trust, communication, respect, and maintaining boundaries). Both partners can feel supported, connected, and have the freedom to express concerns safely, while maintaining their individuality. In this workshop, we discuss effective strategies on how you can create these meaningful relationships. (2-hour program)

Class: **Toxic Stress and Child Development (all ages)** *ClassID:* 1530

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

Start Date: 3/12/2019 *Start Time:* 6:30 PM *End Time:* 8:30 PM *All session dates:* 03/12/19

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. This workshop shows how stress can affect brain development, while helping you identify children who might be unsafe, and what to do when suspicion arises. (2-hour program)

Class: **Super Parents SUPERvise (ages 12+)** *ClassID:* 1531

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

Start Date: 3/14/2019 *Start Time:* 6:00 PM *End Time:* 7:00 PM *All session dates:* 03/14/19

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: Is This Normal? (Addressing the Ages and Stages of Child Development ages 0-19)

ClassID: 1532

Location: The Children's Cabinet-Rock Blvd

sessions in class: 1

Start Date: 3/19/2019 *Start Time:* 6:00 PM *End Time:* 9:00 PM *All session dates:* 03/19/19

Understanding child development is an essential tool to parenting. During this informative workshop, parents and guardians will become familiar with the basic ages and stages of child development (e.g., physical growth; sensory-motor; cognitive; speech-language; social-emotional; daily routines; learning activities; developmental alerts, and safety concerns). (3-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.



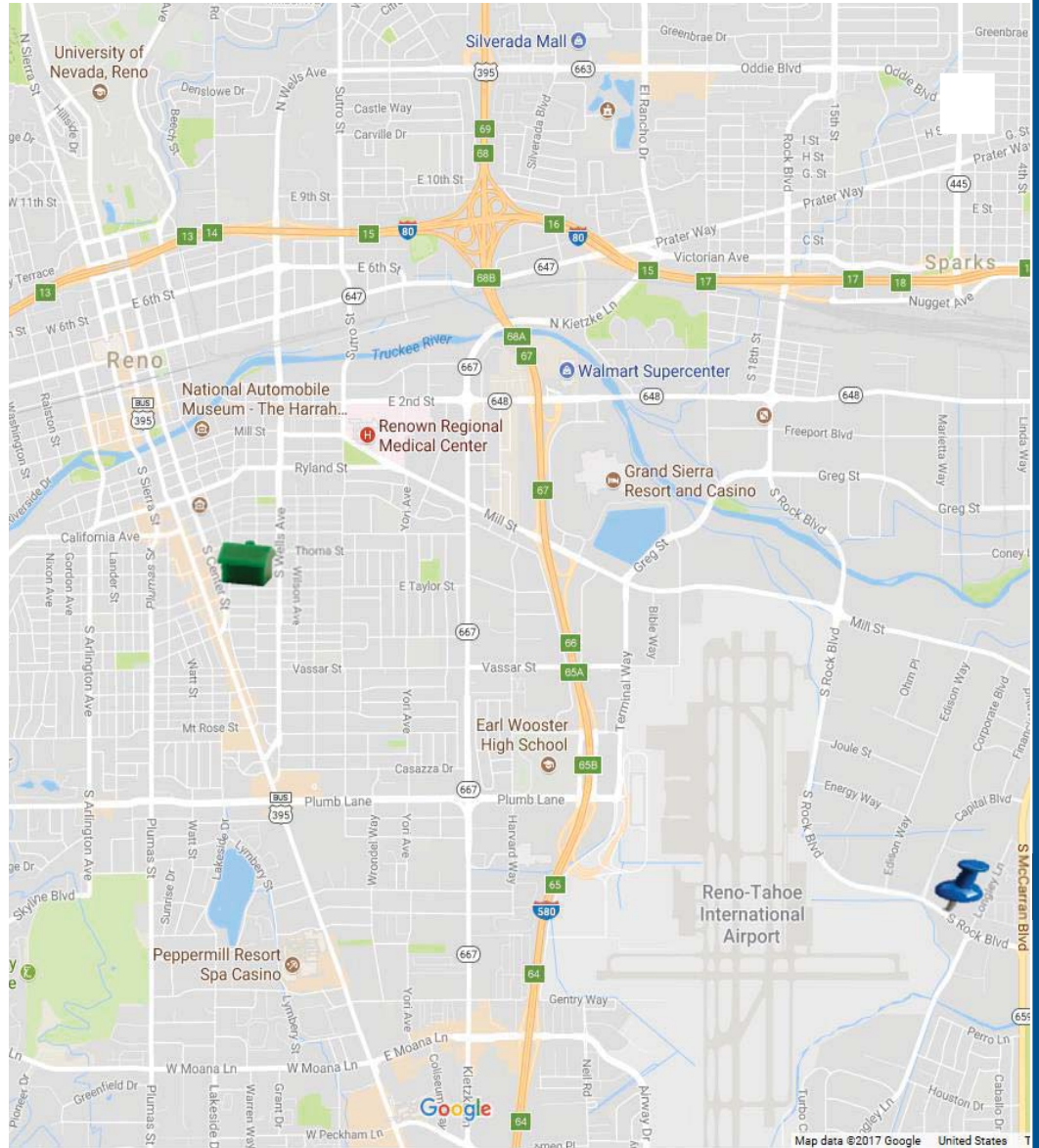
[The Children's Cabinet](#)
1090 South Rock Blvd., Reno, NV 89502



[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

1/1/2019 through 3/31/2019

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

Last Update 12/19/2018

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	1515	01/15/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 201: Helping Your Kids Learn Good Problem-Solving	1	1516	01/22/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Using American Sign Language (ASL) in Early Childhood (ages	1	1517	01/23/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 301: Teaching Your Child Personal Responsibility (ag	1	1518	01/29/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Bonding through Play with Your Young Child (ages 0-5)	1	1519	01/31/19	<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	1520	02/05/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Preventing Problems from Escalating with Your Young Child (ag	1	1521	02/07/19	<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	1522	02/12/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Taking an Active Stand Against Bullying (ages 6+)	1	1523	02/13/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 601: Preparing Your Kid for School and Social Succes	1	1524	02/19/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Providing Simple Choices and Consequences with Your Young	1	1525	02/21/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner and Caregiver Carefully (all ages)	1	1526	02/26/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Stimulating School Readiness with Your Young Child (ages 2-5)	1	1527	02/28/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Understanding ADD / ADHD (all ages)	1	1528	03/06/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Healthy Relationships 101 (all ages)	1	1529	03/07/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	1530	03/12/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Super Parents SUPERvise (ages 12+)	1	1531	03/14/19	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Is This Normal? (Addressing the Ages and Stages of Child Deve	1	1532	03/19/19	<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