



# 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.

**October 1, 2021**

**Please note:** We are now offering parenting classes in house and virtual live Webinars. To pre-register, please click the web link below.

<http://nyparenting.eventbrite.com/>

Caregivers will be able to do the following online:

- Pre-register for any upcoming live Webinar 24/7
- Receive email reminders and updates upon completing registration (**please see below**)
- Track real-time remaining reservation availability

**Please note:**

- ❖ If you need assistance with online registration, we can support you. Please contact (775) 856-0100 Monday-Friday from 8am to 5pm.
- ❖ Webinar space is limited; if you cannot attend, please cancel your registration online or by phone ASAP.
- ❖ **Please read your confirmation email upon pre-registering and do not delete it.** Your confirmation email will have important information, including a special web link to complete your registration process to attend the live Webinar, and download any class materials provided by the instructor.



# Parent Education Opportunities

10/1/2021 through 12/31/2021

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 2021

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**Class:** Active Parenting of Teens (ages 12+) (4-part program) **ClassID:** 2006

**Location:** The Children's Cabinet-Rock Blvd **# sessions in class:** 4

**Start Date:** 10/5/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/05/21; 10/07/21; 10/12/21;10/14/21

During this 4-part series, we will explore the dynamic changes of adolescent development and provide parents and guardians with effective strategies towards helping prepare their preteens and teens gain the essential life skills needed to survive and succeed in our modern, diverse society. (8-hour program - 4 two hour sessions).

**Class:** Choose Your Partner and Caregiver Carefully (all ages) **ClassID:** 2007

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

**Start Date:** 10/6/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/06/21

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).

PLEASE NOTE: Due to strong content and subject matter including discussing children and adults that are either experiencing, or have experienced domestic violence abuse, viewer discretion is strongly advised. (2-hour program)

**Class:** Parent Learning Night **ClassID:** 2027

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

**Start Date:** 10/14/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/14/21

Join The Children's Cabinet team and learn how you can promote early learning with your child. Take home activities focused on science and math early learning standards. Children ages 3-5 are welcome to attend with their parent or caregiver. Space is limited, please register.

**Class:** Parenting 101: Becoming the Active Parent (ages 6+) **ClassID:** 2000

**Location:** In- Person Children's Cabinet Rock Blv., Reno, NV **# sessions in class:** 1

**Start Date:** 10/19/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/19/21

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-hour program)

**Class:** Cultural Competency **ClassID:** 2008

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

**Start Date:** 10/20/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/20/21

In this class parents and caregivers will explore topics such as social identity, implicit bias, micro-aggressions and anti-racism in order to help children navigate social norms in this modern society

**Class:** Parenting 201: Helping Your Kids Learn Good Problem Solving Skills (ages 6+) **ClassID:** 2001

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

**Start Date:** 10/21/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/21/21

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). (2-hour program)

**Class:** The Early Childhood Conversation about LGBTQIA (all ages) **ClassID:** 2010

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

**Start Date:** 10/26/2021 **Start Time:** 6:00 PM **End Time:** 6:00 PM **All session dates:** 10/26/21

This program provides a frank discussion of LGBTQIA children and their development; the effects on parenting, and provides a clearer understanding of your child's gender developmental milestones, including basic definitions of the LGBTQIA community, and parenting strategies to support your child as they develop into self-assured, confident adults. (2-hour program)

**Class:** Parenting 301: Teaching Your Children Personal Responsibility (ages 6+) **ClassID:** 2002

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

**Start Date:** 10/27/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/27/21

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. (2-hour program)

**Class:** Parenting 401: Building Up Your Child's Confidence (ages 6+) **ClassID:** 2003

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

**Start Date:** 10/28/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/28/21

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-hour program)

## November 2021

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**Class:** Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) **ClassID:** 2004

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

**Start Date:** 11/2/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/02/21

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. (2-hour program)

**Class:** 601: Preparing Your Kids for School- and Social Success (ages 6+) **ClassID:** 2005

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

**Start Date:** 11/9/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/09/21

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. (2-hour program)

**Class:** Toxic Stress and Child Development (all ages) **ClassID:** 2011  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 11/10/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/10/21

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 the steps taken when suspicion arises. (2-hour program)

**Class:** Cooperative Parenting after Divorce and Separation (all ages) **ClassID:** 2014  
**Location:** The Children's Cabinet-Rock Blvd **# sessions in class:** 4  
**Start Date:** 11/16/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/16/21; 11/18/21; 11/23/21; 11/30/21

Cooperative parenting requires good communication skills and a willingness to place your child's interests first. In addition to communication, we will discuss avoiding power struggles, managing anger, and conflict resolution. Your children will have the benefit of the support and care they so deserve. This is an 8 hour program, 4 two hour sessions

## December 2021

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**Class:** Active Parenting First Five Years Presents: Bonding through Play **ClassID:** 2017  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 12/6/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 12/06/21

Taken 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. (2 hour program)

**Class:** Active Parenting First Five Years: Preventing Problems from Escalating **ClassID:** 2018  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 12/8/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 12/08/21

Derived from the curriculum Active Parenting: he 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. (2 hour program)

**Class:** Active Parenting First Five Years Presents: Providing Simple Choices and Consequences **ClassID:** 2019  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 12/14/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 12/14/21

Caregivers often need reassurance whenever correcting a young child's misbehavior. Derived from Active Parenting: The First Five Years, we 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). (2-hour program)

**Class:** Active Parenting First Five Years Presents: Stimulating School Readiness **ClassID:** 2020  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 12/16/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 12/16/21

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 preschool and kindergarten. We will also encourage the importance of limiting screen time, building social skills, stimulating independence, and co-reading together. (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 (except children being breastfed).

## 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.



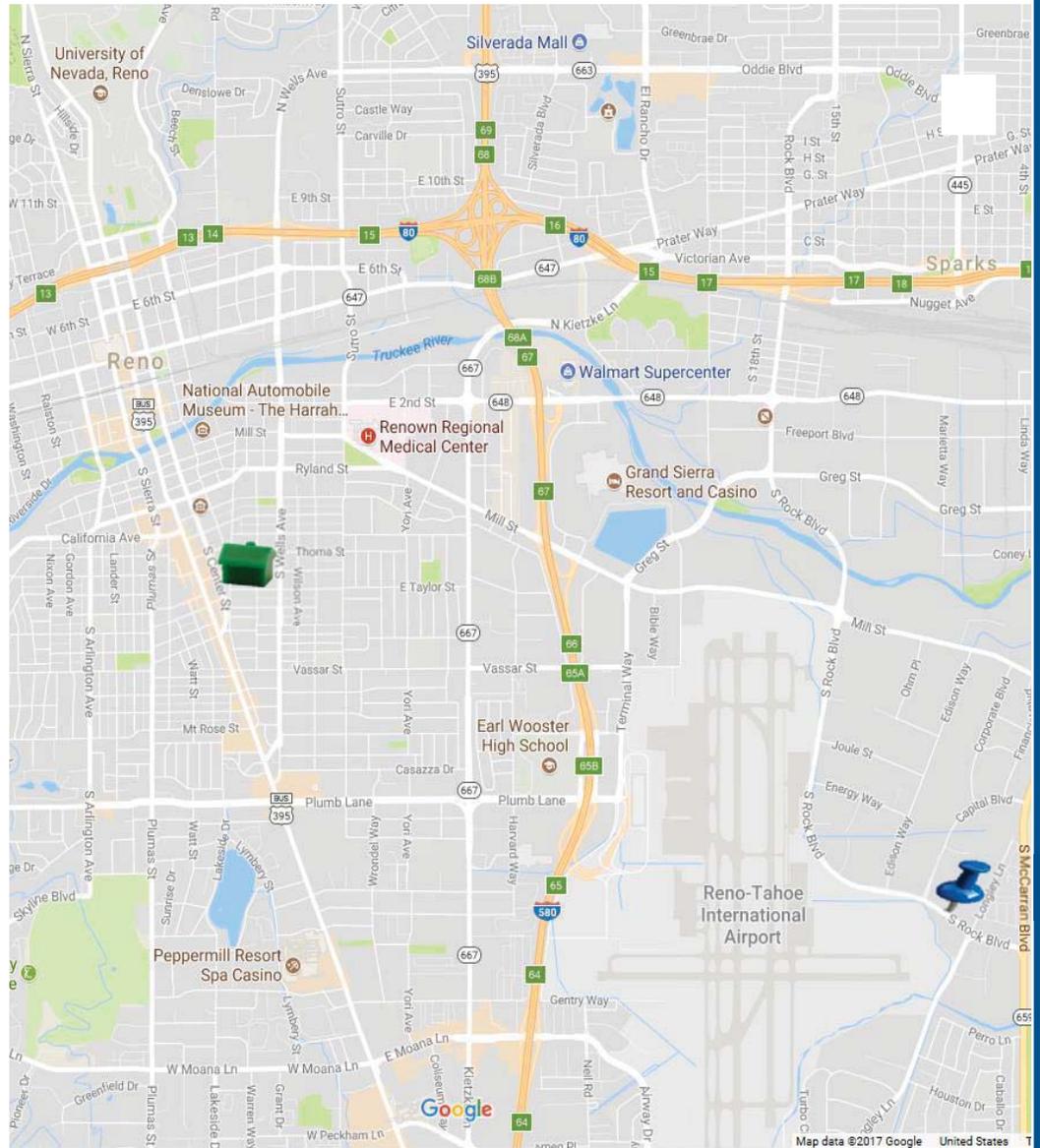
[The Children's Cabinet](#)  
1090 South Rock Blvd., Reno, NV 89502



[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](mailto: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](http://www.online.divorce-education.com)

**PARENTING 24/7**  
[www.parenting247.org](http://www.parenting247.org)

**ZERO TO THREE**  
[www.zerotothree.org](http://www.zerotothree.org)

**UNR COOPERATIVE EXTENSION**  
**JUST IN TIME PARENTING**  
**NEWSLETTER**  
<https://jitp.info/>  
(disponible en Español)

**CHILD CARE AWARE FAMILIES AND PROGRAMS**  
<https://usa.childcareaware.org/families-programs/>

**VROOM**  
<https://www.vroom.org/>

**ACTIVE PARENTING PUBLISHERS**  
<https://www.activeparenting.com/for-parents/>

**For additional parenting resources**  
**visit: NEVADA 2-1-1**  
<https://www.nevada211.org/family-support-services/>



# 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: \_\_\_\_\_



# Parent Education Opportunities • Registration Form

10/1/2021 through 12/31/2021

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

Last Update: 9/30/2021

## 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"/> Active Parenting of Teens (ages 12+) (4-part program)	4	2006	10/05/21; 10/07/21; 10/12/21; 10/14/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner and Caregiver Carefully (all ages)	1	2007	10/06/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parent Learning Night	1	2027	10/14/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 101: Becoming the Active Parent (ages 6+)	1	2000	10/19/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cultural Competency	1	2008	10/20/21	<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	2001	10/21/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Early Childhood Conversation about LGBTQIA (all ages)	1	2010	10/26/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 301: Teaching Your Children Personal Responsibility (	1	2002	10/27/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 401: Building Up Your Child's Confidence (ages 6+)	1	2003	10/28/21	<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	2004	11/02/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> 601: Preparing Your Kids for School- and Social Success (ages	1	2005	11/09/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	2011	11/10/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce and Separation (all ages)	4	2014	11/16/21; 11/18/21; 11/23/21; 11/30/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years Presents: Bonding through Pla	1	2017	12/06/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years: Preventing Problems from Esc	1	2018	12/08/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years Presents: Providing Simple Ch	1	2019	12/14/21	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years Presents: Stimulating School R	1	2020	12/16/21	<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