## Parent Education Opportunities

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 2022

<table>
<thead>
<tr>
<th>Class: Cribs for Kids</th>
<th>ClassID: 2350</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: The Children’s Cabinet-Decatur Blvd.</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/3/2022</td>
<td>Start Time: 10:00 AM</td>
</tr>
<tr>
<td>Prevent infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies and by providing portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class: Read &amp; Learn: My Five Senses</th>
<th>ClassID: 2351</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: Family to Family</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/4/2022</td>
<td>Start Time: 9:30 AM</td>
</tr>
<tr>
<td>Present a book, read it, and provide activities that help children recreate the story while developing fundamental skills (language and literature, math, science, social emotional, creative expression, and physical development).</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class: Soluciones Positivas Para Familias: El Comportamiento Tiene Significado</th>
<th>ClassID: 2273</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: Webinar</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/12/2022</td>
<td>Start Time: 10:30 AM</td>
</tr>
<tr>
<td>La clase enseña como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos problemáticos y usar enfoques positivos para ayudar a los niños a aprender el comportamiento apropiado.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class: Soluciones Positivas Para Familias: Enséñame Que Hacer!</th>
<th>ClassID: 2274</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: Webinar</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/13/2022</td>
<td>Start Time: 10:30 AM</td>
</tr>
<tr>
<td>La clase enseña como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos problemáticos y usar enfoques positivos para ayudar a los niños a aprender el comportamiento apropiado.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Class: The Parent Toolbox</th>
<th>ClassID: 2301</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: Nevada Strong Start Childcare Service Center</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/13/2022</td>
<td>Start Time: 6:00 PM</td>
</tr>
<tr>
<td>Homebuilding takes the teamwork of a dedicated and skillful crew. Making that home secure and happy though, takes teamwork of dedicated children, skillful parents and caregivers. Learn what tools are needed that can build a solid foundation, develop healthy cooperation, and prevent problems from escalating in your family. (2 hour program)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class: Soluciones Positivas Para Familias: Responder</th>
<th>ClassID: 2275</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location: Webinar</td>
<td># sessions in class: 1</td>
</tr>
<tr>
<td>Start Date: 10/14/2022</td>
<td>Start Time: 10:30 AM</td>
</tr>
<tr>
<td>La clase enseña como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos problemáticos y usar enfoques positivos para ayudar a los niños a aprender el comportamiento apropiado.</td>
<td></td>
</tr>
</tbody>
</table>
Super Parents Supervise Social Media is an educational course for parents to learn about different types of social media that students are engaging with and to explore the following areas:

- Identify popular social media sites and app disguises
- Discuss social media and mental health
- Explore positive steps for parents

Active Parenting 101

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)

Active Parenting 201: Helping Your Kids Learn Good Problem Solving Skills

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)

November 2022

Active Parenting 301: Teaching Your Children Personal Responsibility

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)

Active Parenting 401: Building Up Your Child’s Confidence

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)

Toxic Stress

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)
**Active Parenting 501: Redirecting Your Child's Misbehavior**

**ClassID:** 2299  
**Start Date:** 11/17/2022  
**Start Time:** 6:00 PM  
**End Time:** 8:00 PM  
**All session dates:** 11/17/2022

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)

**Active Parenting 601: Preparing Your Kids for School and Social Success**

**ClassID:** 2300  
**Start Date:** 11/29/2022  
**Start Time:** 6:00 PM  
**End Time:** 8:00 PM  
**All session dates:** 11/29/2022

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)

**December 2022**

**Crios for Kids**

**ClassID:** 2302  
**Start Date:** 12/1/2022  
**Start Time:** 6:00 PM  
**End Time:** 8:00 PM  
**All session dates:** 12/1/2022

The mission of Cribs for Kids is to prevent infant sleep-related deaths by educating parents and caregivers of the importance of practicing safe sleep for their babies and by providing portable cribs to families who otherwise cannot a safe place for their babies to sleep.

**Prevent Child Abuse for Parents: Signs and Signals**

**ClassID:** 2348  
**Start Date:** 12/6/2022  
**Start Time:** 6:00 PM  
**End Time:** 8:00 PM  
**All session dates:** 12/6/2022

This course reviews the basic signs and signals that a child may be at risk for child exploitation or abuse. As parents, we are ever vigilant to prevent danger and harm to our children. We will cover the basics around the ways that children express exposure to potentially threatening situations, how to help your child protect themselves from opportunistic predators and clarify the difference between discipline and abuse. WARNING: this course involves graphic content that maybe disturbing to some viewers/participants. (2 Hours)

**JTNN Presents: Super Parents Supervise Drugs**

**ClassID:** 2304  
**Start Date:** 12/13/2022  
**Start Time:** 6:00 PM  
**End Time:** 8:00 PM  
**All session dates:** 12/13/2022

Super Parents Supervise is an educational opportunity for parents to:

- Understand how the teenage brain works.
- Learn how drugs are disguised.
- Encourage your child to have a healthy lifestyle.
- Learn better strategies for optimal parenting in the area of substance abuse.
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.
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

Nevada Strong Start Childcare Service Center
961 Matley Lane Suite 110
Reno NV, 89502

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

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

**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: | MF | 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**

| ☐ The Parent Toolbox 1 2301 | 10/13/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ JTNN Presents: Super Parents Supervise Social Media 1 2303 | 10/18/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 101 1 2295 | 10/20/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 201: Helping Your Kids Learn Good Problem S 1 2296 | 10/27/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 301: Teaching Your Children Personal Respon 1 2297 | 11/3/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 401: Building Up Your Child's Confidence 1 2298 | 11/10/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 501: Redirecting Your Child's Misbehavior 1 2299 | 11/17/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Active Parenting 601: Preparing Your Kids for School and Social 1 2300 | 11/29/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Cribs for Kids 1 2302 | 12/1/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ JTNN Presents: Super Parents Supervise Drugs 1 2304 | 12/13/2022 | ☐ Court ☐ CPS ☐ Other:__________ |

**Step 3: Check the class box below # in series ID | Step 4: Verify dates of class | Step 5: Select if ordered by**

| ☐ Cribs for Kids 1 2350 | 10/03/22 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Read & Learn: My Five Senses 1 2351 | 10/04/22 | ☐ Court ☐ CPS ☐ Other:__________ |

**Step 3: Check the class box below # in series ID | Step 4: Verify dates of class | Step 5: Select if ordered by**

| ☐ Soluciones Positivas Para Familias: El Comportamiento Tiene Si 1 2273 | 10/12/22 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Soluciones Positivas Para Familias: Ensename Que Hacer! 1 2274 | 10/13/22 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Soluciones Positivas Para Familias: Responder 1 2275 | 10/14/22 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Toxic Stress 1 2349 | 11/16/2022 | ☐ Court ☐ CPS ☐ Other:__________ |
| ☐ Prevent Child Abuse for Parents: Signs and Signals 1 2348 | 12/6/2022 | ☐ Court ☐ CPS ☐ 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