



# Parent Education Opportunities

10/1/2022 through 12/31/2022

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

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**Class:** Cribs for Kids **ClassID:** 2350

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

**Start Date:** 10/3/2022 **Start Time:** 10:00 AM **End Time:** 11:00 AM **All session dates:** 10/03/22

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.

**Class:** Read & Learn: My Five Senses **ClassID:** 2351

**Location:** Family to Family **# sessions in class:** 1

**Start Date:** 10/4/2022 **Start Time:** 9:30 AM **End Time:** 10:30 AM **All session dates:** 10/04/22

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).

**Class:** Soluciones Positivas Para Familias: El Comportamiento Tiene Significado **ClassID:** 2273

**Location:** Webinar **# sessions in class:** 1

**Start Date:** 10/12/2022 **Start Time:** 10:30 AM **End Time:** 12:00 PM **All session dates:** 10/12/22

La clase ensena como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos prolematicos y usar enfoques positivos para ayudar a los ninos a aprender el comportamiento apropiado.

**Class:** Soluciones Positivas Para Familias: Ensename Que Hacer! **ClassID:** 2274

**Location:** Webinar **# sessions in class:** 1

**Start Date:** 10/13/2022 **Start Time:** 10:30 AM **End Time:** 12:00 PM **All session dates:** 10/13/22

La clase ensena como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos prolematicos y usar enfoques positivos para ayudar a los ninos a aprender el comportamiento apropiado.

**Class:** The Parent Toolbox **ClassID:** 2301

**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1

**Start Date:** 10/13/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/13/2022

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)

**Class:** Soluciones Positivas Para Familias: Responder **ClassID:** 2275

**Location:** Webinar **# sessions in class:** 1

**Start Date:** 10/14/2022 **Start Time:** 10:30 AM **End Time:** 12:00 PM **All session dates:** 10/14/22

La clase ensena como promover las habilidades sociales y emocionales de sus hijos, comprender sus comportamientos prolematicos y usar enfoques positivos para ayudar a los ninos a aprender el comportamiento apropiado.

**Class:** JTNN Presents: Super Parents Supervise Social Media **ClassID:** 2303  
**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1  
**Start Date:** 10/18/2022 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 10/18/2022

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

**Class:** Active Parenting 101 **ClassID:** 2295  
**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1  
**Start Date:** 10/20/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/20/2022

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:** Active Parenting 201: Helping Your Kids Learn Good Problem Solving Skills **ClassID:** 2296  
**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1  
**Start Date:** 10/27/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 10/27/2022

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

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**Class:** Active Parenting 301: Teaching Your Children Personal Responsibility **ClassID:** 2297  
**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1  
**Start Date:** 11/3/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/3/2022

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:** Active Parenting 401: Building Up Your Child's Confidence **ClassID:** 2298  
**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1  
**Start Date:** 11/10/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/10/2022

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)

**Class:** Toxic Stress **ClassID:** 2349  
**Location:** LIVE ONLINE WEBINAR **# sessions in class:** 1  
**Start Date:** 11/16/2022 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 11/16/2022

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:** **Active Parenting 501: Redirecting Your Child's Misbehavior** **ClassID: 2299**

**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1

**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)

**Class:** **Active Parenting 601: Preparing Your Kids for School and Social Success** **ClassID: 2300**

**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1

**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

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**Class:** **Cribs for Kids** **ClassID: 2302**

**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1

**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.

**Class:** **Prevent Child Abuse for Parents: Signs and Signals** **ClassID: 2348**

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

**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)

**Class:** **JTNN Presents: Super Parents Supervise Drugs** **ClassID: 2304**

**Location:** Nevada Strong Start Childcare Service Center **# sessions in class:** 1

**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.



# 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

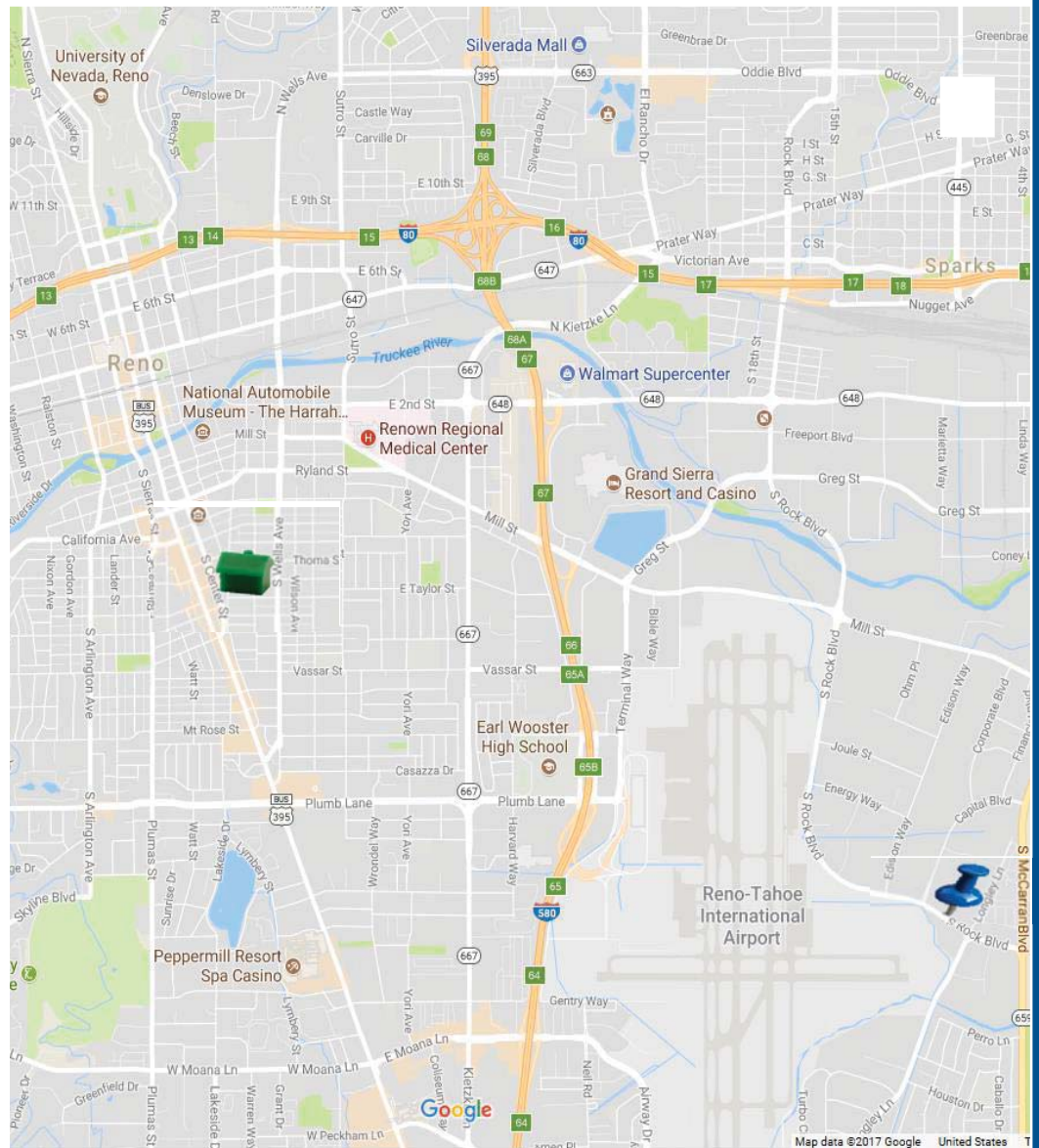


[Wilbur D. May Youth Center](#)  
777 Sinclair Street, Reno, NV 89501

[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](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 _____ Social Services in another County or State _____ Attorney	_____ Probation Officer _____ Washoe County Social Services _____ Other: _____
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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

10/1/2022 through 12/31/2022

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

Last Update: 10/5/2022

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

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"/> Cribs for Kids	1	2350	10/03/22	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Read & Learn: My Five Senses	1	2351	10/04/22	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____

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"/> Soluciones Positivas Para Familias: El Comportamiento Tiene Si	1	2273	10/12/22	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Ensename Que Hacer!	1	2274	10/13/22	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Responder	1	2275	10/14/22	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress	1	2349	11/16/2022	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Prevent Child Abuse for Parents: Signs and Signals	1	2348	12/6/2022	<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