



Parent Education Opportunities

1/10/2023 through 3/31/2023

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 2023

Class: Active Parenting 601: Preparing Your Kids for School and Social Success **ClassID:** 2381

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

Start Date: 1/10/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/10/23

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: Mind in the Making: Introduction to the 7 Essential Life Skills **ClassID:** 2380

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

Start Date: 1/17/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/17/23

A child's ability to learn and succeed grows from their ability to focus, to communicate and to think critically. Learn about the 7 Essential Life Skills from Mind in the Making and find simple, everyday ways parents and caregivers help children build life skills from birth through early childhood.

Class: Positive Solutions for Families: Module 1 Making the Connection **ClassID:** 2401

Location: Community-Based **# sessions in class:** 1

Start Date: 1/19/2023 **Start Time:** 12:00 AM **End Time:** 12:00 AM **All session dates:**

Making Positive connections within families between parents and their children.

Class: Cultural Competency (All Ages) **ClassID:** 2374

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

Start Date: 1/23/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/23/23

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: Active Parenting First Five Years Presents: Bonding through Play **ClassID:** 2385

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

Start Date: 1/24/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/24/23

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:** 2388

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

Start Date: 1/31/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/31/23

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. (2 hour program)

February 2023

Class: Cooperative Parenting after Divorce and Separation (all ages) **ClassID:** 2375

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

Start Date: 2/2/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/02/23; 02/09/23; 02/16/23; 02/23/23

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. (8-hour)

Class: Mind in the Making Essential Life Skill #1: Focus and Self-Control **ClassID:** 2379

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

Start Date: 2/7/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/07/23

Children need the skill of Focus and Self-Control in order to achieve goals, especially in a world that is filled with distractions and information overload. This module helps us see ways to build the skill of Focus and Self-Control in ourselves and the children in our care.

Class: Active Parenting First Five Years Presents: Providing Simple Choices and Consequences **ClassID:** 2387

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

Start Date: 2/15/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/15/23

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:** 2386

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

Start Date: 2/21/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/21/23

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: Choose Your Partner and Caregiver Carefully (all ages) **ClassID:** 2376

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

Start Date: 2/27/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/27/23

The purpose of this workshop is to provide information on how to select safe caregivers for children, including identifying the warning signs and intense behaviors of adult caregivers. Due to the sensitive nature on the topic of discussing children and adults experiencing domestic violence abuse, viewer discretion is strongly advised. (2-hour program)

Class: Positive Discipline **ClassID:** 2389

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

Start Date: 2/28/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/28/23

Derived from the evidence-based curriculums of Active Parenting and Active Parenting First Five Years, the goal of this program is to provide parents, guardians, and caregivers with proven problem-solving methods to safely discipline their children (ages 2-12). (2-hour program)

March 2023

Class: **Active Parenting 101: Becoming the Active Parent** **ClassID: 2384**

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

Start Date: 3/2/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/02/23

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 301: Teaching Your Children Personal Responsibility** **ClassID: 2383**

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

Start Date: 3/7/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/07/23

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: **The Early Childhood Conversation about LGBTQIA (all ages)** **ClassID: 2377**

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

Start Date: 3/13/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/13/23

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: **Mind in the Making: Essential Life Skill #2 - Perspective Taking** **ClassID: 2378**

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

Start Date: 3/14/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/14/23

Perspective Taking is the skill of seeing things as others see them. Perspective Taking begins in infancy and is important to adjusting to school and to the prevention of conflict. Join us to learn everyday ways to promote Perspective Taking and help prepare children for school, friends and life

Class: **Active Parenting 501: Redirecting Your Child's Misbehavior** **ClassID: 2382**

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

Start Date: 3/15/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/15/23

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 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



The Children's
Cabinet

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

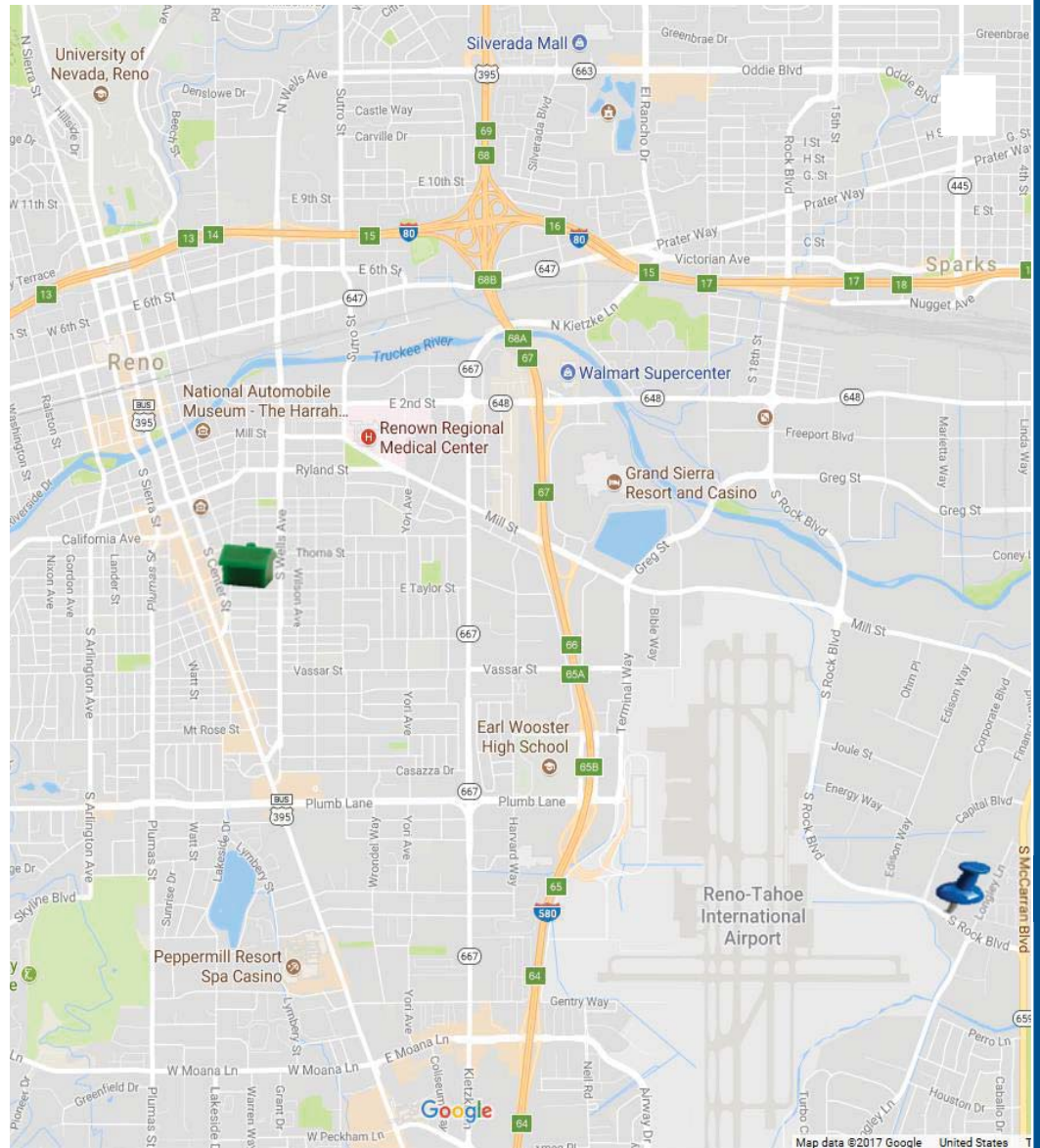


[Wilbur D. May Youth Center](#)

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

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

1/10/2023 through 3/31/2023

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

Last Update: 1/9/2023

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 601: Preparing Your Kids for School and Social	1	2381	01/10/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Mind in the Making: Introduction to the 7 Essential Life Skills	1	2380	01/17/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families: Module 1 Making the Connection	1	2401		<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	2385	01/24/23	<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	2388	01/31/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Mind in the Making Essential Life Skill #1: Focus and Self-Contr	1	2379	02/07/23	<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	2387	02/15/23	<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	2386	02/21/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner and Caregiver Carefully (all ages)	1	2376	02/27/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 101: Becoming the Active Parent	1	2384	03/02/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 301: Teaching Your Children Personal Respon	1	2383	03/07/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Mind in the Making: Essential Life Skill #2 - Perspective Taking	1	2378	03/14/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 501: Redirecting Your Child's Misbehavior	1	2382	03/15/23	<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"/> Cultural Competency (All Ages)	1	2374	01/23/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce and Separation (all ages)	4	2375	02/02/23; 02/09/23; 02/16/23; 02/23/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Discipline	1	2389	02/28/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Early Childhood Conversation about LGBTQIA (all ages)	1	2377	03/13/23	<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