



Parent Education Opportunities

4/1/2023 through 6/30/2023

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.

April 2023

Class: Active Parenting 201: Helping Your Kids Learn Good Communication and Cooperation (ages 6+) **ClassID:** 2456

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

Start Date: 4/6/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/06/23

When people work together cooperatively, problems are solved. A child who learns to work cooperatively with others has a far greater chance of success than a child who stands alone. This class will help you develop the skills for teaching cooperation and good communication to your child. We will 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: Active Parenting 301: Teaching Your Children Responsibility and Discipline **ClassID:** 2459

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

Start Date: 4/11/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/11/23

This class will present methods of handling problems and misbehavior when they occur in the family. It is also about responsibility. We will 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 Importance of Fatherhood **ClassID:** 2467

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 3

Start Date: 4/12/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 4/12/23; 4/19/23; 4/26/23

This class will share concepts about fatherhood that will help fathers (and mothers as well) to re-establish true connections between fathers and their children. This is a three (3) part series. (each class is 2 hours)

Class: Active Parenting 401: Building Up Your Child's Courage and Self-Esteem (ages 6+) **ClassID:** 2460

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

Start Date: 4/18/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/18/23

Preparing a child to courageously meet the challenges that life offers is perhaps the single most important aspect of parenting. In this class, we will discuss how you can help your child develop self-confidence and self-esteem. We will talk about a simple, yet effective and proven model of problem-solving, while helping you prevent the need to always take over and "save" your kid. (2-hour program)

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Class: Toxic Stress and Child Development (all ages) **ClassID:** 2461

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

Start Date: 4/24/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/24/23

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)

May 2023

Class: Disciplina Positiva (todas las edades) (de 2 a 12 años) **ClassID:** 2462

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

Start Date: 5/2/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/02/23

Tomado del plan de estudios Paternidad Activa, el objetivo de este programa es proveer a los padres las herramientas necesarias para ayudar a guiar a sus hijos hacia el mejor comportamiento de una manera positiva.

Class: Choose Your Partner and Caregiver Carefully (all ages) **ClassID:** 2468

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

Start Date: 5/8/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/08/23

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: Every Moment is a Brain Building Moment **ClassID:** 2447

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

Start Date: 5/9/2023 **Start Time:** 10:00 AM **End Time:** 11:00 AM **All session dates:** 5/9/2023

Parents will gain information about their special role as their child's first and most important teacher. Participants will reinforce their knowledge of early brain development and find out how to be brain-builders by using Vroom.

Class: Active Parenting First Five Years :You and Your Child **ClassID:** 2463

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

Start Date: 5/9/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/09/23

The first five years of a child's life are critical to their development. There are many influences on a child's development, but the first and most fundamental is the child's parent or caregiver. During Active Parenting: First Five Years, we will explore the various stages of child development from birth to age 5, styles of parenting and help parents and caregivers understand the importance of building a parent/child bond, play and self-care.

Class: Active Parenting First Five Years: Preventing Problems from Escalating **ClassID:** 2464

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

Start Date: 5/16/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/16/23

In this class, parents/caregivers will start to understand basic brain development in early childhood. They will learn how to identify ways of preventing accidents and problems. They will also learn the difference between discipline and punishment and understand the importance of routines and expressing affection to children. (2 hour program)

Class: Active Parenting First Five Years : Providing Simple Choices and Consequences **ClassID:** 2465

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

Start Date: 5/23/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/23/23

Caregivers often need reassurance whenever correcting a young child's misbehavior. In 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: Positive Discipline (ages 2-12) **ClassID:** 2466

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

Start Date: 5/24/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/24/23

The goal of this program is to provide parents/guardians, and caregivers with proven problem-solving, non-violent methods to safely discipline their children. The parents/caregivers will also learn the meaning of discipline and how it is different from punishment. (2-hour program)

June 2023

Class: Active Parenting for Stepfamilies **ClassID:** 2455

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 3

Start Date: 6/6/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/06/23; 06/13/23; 06/20/23

Active Parenting for Stepfamilies is a program for both parents and stepparents. It demonstrates skills for raising children in the unique blended family environment, along with powerful communication and negotiation skills to strengthen marriage and family. The program covers topics that are unique to stepfamilies: the stepparent's role, emotional baggage, differences in values, discipline, power struggles, and celebrating your blended family's achievements.

Class: Cooperative Parenting after Divorce or Separation (all ages) **ClassID:** 2454

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

Start Date: 6/7/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/07/23; 06/14/23; 06/21/23; 06/28/23

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: The Early Childhood Conversation about LGBTQIA (all ages) **ClassID:** 2469

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

Start Date: 6/26/2023 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/26/23

This program provides a frank discussion of LGBTQIA children and their development; the effects on parenting, as well as providing 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 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.



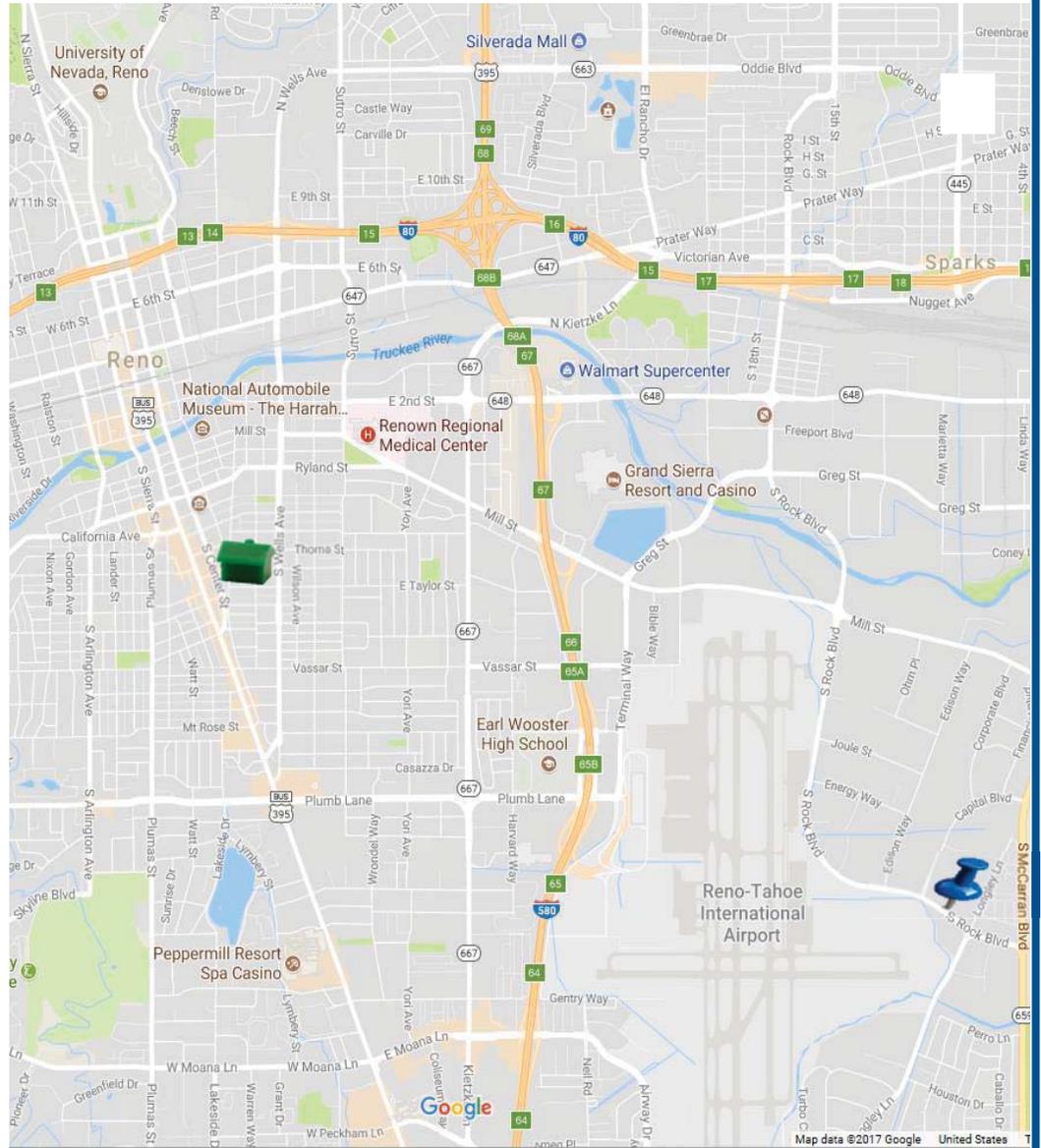
[The Children's Cabinet](#)
1090 South Rock Blvd., Reno, NV 89502



[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

Reno / Sparks Locations





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: _____

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Parent Education Opportunities • Registration Form

4/1/2023 through 6/30/2023



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

Last Update: 3/28/2023

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 201: Helping Your Kids Learn Good Communic	1	2456	04/06/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 301: Teaching Your Children Responsibility an	1	2459	04/11/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Importance of Fatherhood	3	2467	4/12/23; 4/19/23; 4/26/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 401: Building Up Your Child's Courage and Self	1	2460	04/18/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	2461	04/24/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Disciplina Positiva (todas las edades) (de 2 a 12 años)	1	2462	05/02/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner and Caregiver Carefully (all ages)	1	2468	05/08/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years :You and Your Child	1	2463	05/09/23	<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	2464	05/16/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years : Providing Simple Choices an	1	2465	05/23/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Discipline (ages 2-12)	1	2466	05/24/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting for Stepfamilies	3	2455	06/06/23; 06/13/23; 06/20/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce or Separation (all ages)	4	2454	06/07/23; 06/14/23; 06/21/23; 06/28/23	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Early Childhood Conversation about LGBTQIA (all ages)	1	2469	06/26/23	<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"/> Every Moment is a Brain Building Moment	1	2447	5/9/2023	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____