



Parent Education Opportunities

1/1/2024 through 3/31/2024

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 2024

Class: Positive Solutions for Families: Session 4 The Power of Routines **ClassID:** 2705

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

Start Date: 1/8/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/08/24

This session will help families discover the importance of routines and how to set children up for success, identify strategies for successful transitions from daily activities for children and creating plans for daily routines.

Class: Active Parenting 301: Teaching Your Children Personal Responsibility (ages 6+) **ClassID:** 2714

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

Start Date: 1/9/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/09/24

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: Cooperative Parenting after Divorce and Separation (all ages) **ClassID:** 2715

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

Start Date: 1/10/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/10/24; 01/17/24; 01/24/24; 01/31/24

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.

Class: Parenting 401: Building Up Your Child's Courage and Self-Esteem (ages 6+) **ClassID:** 2716

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

Start Date: 1/16/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/16/24

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)

Class: Toxic Stress and Child Development (all ages) **ClassID:** 2717

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

Start Date: 1/22/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/22/24

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: Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) **ClassID:** 2718

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

Start Date: 1/23/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/23/24

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: Parenting 601: Preparing Your Kids for School- and Social Success (ages 6+) **ClassID:** 2720

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

Start Date: 1/30/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 01/30/24

In this class 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)

February 2024

Class: Positive Solutions for Families: Session 5 Teach Me What to Do **ClassID:** 2706

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

Start Date: 2/5/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/05/24

Positive Solutions for Families Session 5; This session will help families understand the importance of teaching children key social and emotional skills, identify the best time for teaching social and emotional skills, Identify feeling words and the effective way to use them, identify successful ways to use calming strategies to cope with feelings and teach self-regulation skills and learn how to teach problem-solving skills.

Class: Positive Solutions for Families: Behavior Has Meaning **ClassID:** 2709

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

Start Date: 2/6/2024 **Start Time:** 10:00 AM **End Time:** 11:30 AM **All session dates:** 02/06/24

The training provides essential information on how to: promote children's social and emotional skills: understand their child's challenging behavior: and use positive approaches to help children learn appropriate behaviors.

Class: The Parent's Toolbox **ClassID:** 2721

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

Start Date: 2/6/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/06/24

Building a healthy happy home takes work. Learn which tools you need in your toolbox to be an effective parent. If you use the right tools, you can prevent problems before they happen, by building a great foundation and developing cooperation.

Class: Positive Solutions for Families: Teach Me What to Do **ClassID:** 2711

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

Start Date: 2/13/2024 **Start Time:** 10:00 AM **End Time:** 11:30 AM **All session dates:** 02/13/24

The training provides essential information on how to: promote children's social and emotional skills; understand their child's challenging behavior; and use positive approaches to help children learn appropriate behavior.

- Class:** Positive Discipline (ages 2-12) **ClassID:** 2723
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 2/13/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/13/24
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)
- Class:** Positive Solution for Families: Responding with Purpose **ClassID:** 2712
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 2/20/2024 **Start Time:** 10:00 AM **End Time:** 11:30 AM **All session dates:** 02/20/24
Parents will learn specific strategies that can be used to respond with purpose to child behavior in home and community setting.
- Class:** Teens and Technology **ClassID:** 2722
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 2/20/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/20/24
In class, we will discuss the benefits and risks of Social Media in your teen's life. We will also talk about suggestions for Internet use, Social Media's impact on teens mental health, depression, anxiety, communication issues and brain development.
- Class:** Paternidad Activa: Prevencion de Problemas **ClassID:** 2724
Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1
Start Date: 2/27/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 02/27/24
En esta clase vamos aprender cómo mejorar el comportamiento de nuestros hijos y establecer reglas claras y rutinas diarias para ellos. También vamos a discutir formas de superar los berrinches y otros comportamientos problemáticos. (Programa de 2 horas).

March 2024

- Class:** Positive Solutions for Families Session 6: Responding With Purpose **ClassID:** 2707
Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 1
Start Date: 3/4/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/04/24
Positive Solutions for Families Session 6; We will review powerful prevention strategies and learn two new prevention strategies and learn specific strategies that can be used to respond with purpose to child behavior in home and community settings.
- Class:** The Early Childhood Conversation about LGBTQIA (all ages) **ClassID:** 2726
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 3/4/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 03/04/24
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: **The Importance of Fatherhood**

ClassID: **2727**

Location: The Children's Cabinet-Rock Blvd

sessions in class: 4

Start Date: 3/6/2024 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/06/24; 03/13/24; 03/20/24; 03/27/24

This class will share concepts about fatherhood that will help fathers to re-establish true connections between fathers and their children. This is a four (4) session series.(each class is 2 hours)

Class: **VROOM: The Brain Science**

ClassID: **2729**

Location: The Children's Cabinet-Rock Blvd

sessions in class: 1

Start Date: 3/19/2024 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/19/24

Join us for an interactive look into how our young children's brains develop, while learning fun, and engaging activities that you can do daily to help keep your child's brain moving forward into the 21st century. (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



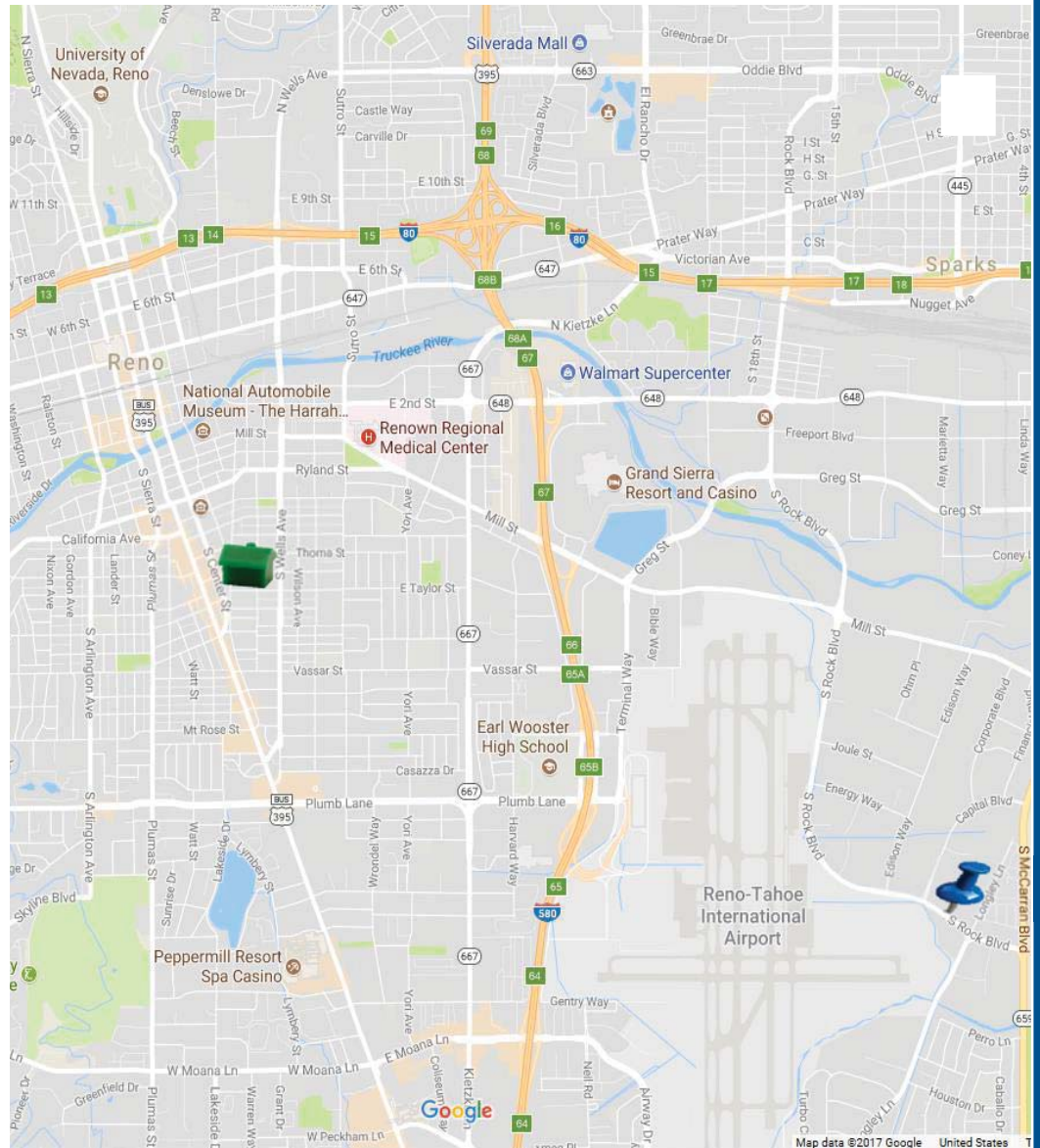
[Wilbur D. May Youth Center](#)

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





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

1/1/2024 through 3/31/2024

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

Last Update: 12/29/2023

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"/> Positive Solutions for Families: Session 4 The Power of Routine	1	2705	01/08/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting 301: Teaching Your Children Personal Respon	1	2714	01/09/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce and Separation (all ages)	4	2715	01/10/24; 01/17/24; 01/24/24; 01/31/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 401: Building Up Your Child's Courage and Self-Esteem	1	2716	01/16/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	2717	01/22/24	<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	2718	01/23/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 601: Preparing Your Kids for School- and Social Succ	1	2720	01/30/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families: Session 5 Teach Me What to Do	1	2706	02/05/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Parent's Toolbox	1	2721	02/06/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Discipline (ages 2-12)	1	2723	02/13/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Teens and Technology	1	2722	02/20/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Paternidad Activa: Prevencion de Problemas	1	2724	02/27/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families Session 6: Responding With Pur	1	2707	03/04/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Early Childhood Conversation about LGBTQIA (all ages)	1	2726	03/04/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Importance of Fatherhood	4	2727	03/06/24; 03/13/24; 03/20/24; 03/27/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> VROOM: The Brain Science	1	2729	03/19/24	<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"/> Positive Solutions for Families: Behavior Has Meaning	1	2709	02/06/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families: Teach Me What to Do	1	2711	02/13/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solution for Families: Responding with Purpose	1	2712	02/20/24	<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