Caregivers will be able to do the following online:

- Pre-register for any upcoming workshop 24/7
- Be placed onto a waiting list for a workshop that is full
- Receive email reminders and updates
- Track real-time seating availability
- Cancel a workshop at any time

Please note:

- Phone-in registrations are still optional for participants. If you need assistance with online registration, we can support you.
- Classroom space is limited; if you cannot attend, please cancel your registration online or by phone ASAP.
- Please check online for space availability or call. Walk-in participants will only be allowed to enter the classroom if space allows or if a participant cancels.
- Please refer to the Class Guidelines and Important Information sheet for more details or click this link: http://nvparentingedu.eventbrite.com
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.

January 2020

Class: The Neighborhood Series: Parenting of Teens    ClassID: 1764
Location: Spanish Springs Library - 7100 Pyramid Way    # sessions in class: 4
Start Date: 1/6/2020   Start Time: 5:00 PM   End Time: 7:00 PM   All session dates: 01/06/20; 01/08/20; 01/13/20; 01/15/20

Join us as we explore a course for parents of children ages 13 to 17 on providing guidance and support to successfully ushering children through their teen years. We will use activities, discussion, real-world examples and research to overcome obstacles and bring harmony into your home. We will explore methods of respectful discipline, skills for communication, strategies for preventing risky behavior and how to be an encouraging parent.

Class: Parenting 101: Becoming the Active Parent (ages 6+)
ClassID: 1746
Location: The Children’s Cabinet-Rock Blvd
Start Date: 1/14/2020   Start Time: 6:00 PM   End Time: 8:30 PM   All session dates: 01/14/20

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. (2.5-hour program)

Class: Active Parenting First Five Years - Bonding through Play
ClassID: 1747
Location: The Children’s Cabinet-Rock Blvd
Start Date: 1/16/2020   Start Time: 6:00 PM   End Time: 7:30 PM   All session dates: 01/16/20

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. (1.5-hour program)

Class: Parenting 201: Helping Your Kids Learn Good Problem Solving Skills (ages 6+)
ClassID: 1748
Location: The Children’s Cabinet-Rock Blvd
Start Date: 1/21/2020   Start Time: 6:00 PM   End Time: 9:00 PM   All session dates: 01/21/20

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). (3-hour program)

Class: The Neighborhood Series: Parenting of Teens    ClassID: 1765
Location: Community Life Center - 3697 Kings Row Suite C    # sessions in class: 4
Start Date: 1/21/2020   Start Time: 6:00 PM   End Time: 8:00 PM   All session dates: 01/21/20; 01/23/20; 01/28/20; 01/30/20

Join us as we explore a course for parents of children ages 13 to 17 on providing guidance and support to successfully ushering children through their teen years. We will use activities, discussion, real-world examples and research to overcome obstacles and bring harmony into your home. We will explore methods of respectful discipline, skills for communication, strategies for preventing risky behavior and how to be an encouraging parent.
CLASS CANCELLED: Active Parenting First Five Years - Preventing Problems from Escalating  
ClassID: 1749

Parenting 301: Teaching Your Child Personal Responsibility (ages 6+)
ClassID: 1750

Choose Your Partner and Caregiver Carefully (all ages)
ClassID: 1751

Parenting 401: Building Up Your Child’s Confidence (ages 6+)
ClassID: 1752

Active Parenting First Five Years - Providing Simple Choices and Consequences
ClassID: 1753

The Neighborhood Series: Parenting of Teens
ClassID: 1766

February 2020

Parenting 301: Teaching Your Child Personal Responsibility (ages 6+)

Parenting 401: Building Up Your Child’s Confidence (ages 6+)

Active Parenting First Five Years - Providing Simple Choices and Consequences

The Neighborhood Series: Parenting of Teens
Class: Parenting 501: Redirecting Your Child's Misbehavior (ages 6+)  
ClassID: 1754

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

Start Date: 2/11/2020  Start Time: 6:00 PM  End Time: 9:00 PM  All session dates: 02/11/20

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. (3-hour program)

Class: Active Parenting First Five Years - Stimulating School Readiness  
ClassID: 1755

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

Start Date: 2/13/2020  Start Time: 6:00 PM  End Time: 7:30 PM  All session dates: 02/13/20

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 pre-school and Kindergarten. We will also encourage the importance of limiting screen time, building social skills, stimulating independence, and co-reading together. (1.5-hour program)

Class: Parenting 601: Preparing Your Kids for School- and Social Success (ages 6+)  
ClassID: 1756

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

Start Date: 2/18/2020  Start Time: 6:00 PM  End Time: 9:00 PM  All session dates: 02/18/20

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. (3-hour program)

Class: CLASS CANCELLED: Strategies that Promote Focus and Self Control in Young Children (ages 2-5)  
ClassID: 1757

Location:  
# sessions in class: 0

Start Date: 2/20/2020  Start Time:  
End Time:  
All session dates:

Class: Understanding ADD / ADHD (all ages) - LIVE ONLINE WEBINAR ONLY  
ClassID: 1758

Location:  
# sessions in class: 1

Start Date: 2/26/2020  Start Time: 6:00 PM  End Time: 7:30 PM  All session dates: 02/26/20

This informative live Webinar provides caregivers with a better understanding of attention disorders in children, recognizing the symptoms of inattentiveness and impulsivity, and specific strategies to help their child. (Webinar is for information purposes only and does not diagnose any general or specific disorders, nor provide recommended treatments.) (1.5-hour program)

Class: Is This Normal? (Addressing the Ages and Stages of Child Development) (all ages)  
ClassID: 1759

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

Start Date: 2/27/2020  Start Time: 6:00 PM  End Time: 8:00 PM  All session dates: 02/27/20

Understanding child development is an essential tool to parenting. During this informative workshop, parents and guardians will become familiar with the basic ages and stages of child development (e.g., physical growth; sensory-motor; cognitive; speech-language; social-emotional; daily routines; learning activities; developmental alerts, and safety concerns). (2-hour program)
Join us as we explore a course for parents of children ages 13 to 17 on providing guidance and support to successfully ushering children through their teen years. We will use activities, discussion, real-world examples and research to overcome obstacles and bring harmony into your home. We will explore methods of respectful discipline, skills for communication, strategies for preventing risky behavior and how to be an encouraging parent.

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 program on Tues. & Thurs.)

For centuries, teasing and bullying was considered a normal rite of passage. However, with social media playing a greater role now, this pastime is becoming increasingly malicious and dangerous among youth. This live Webinar addresses some common strategies on how to recognize and prevent youth bullying and cyber-bullying. (2-hour program)

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 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

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-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

Online Parenting

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/
INTENTIONALLY LEFT BLANK
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 print your first and last name
# Parent Education Opportunities • Registration Form

**Parent Education Opportunities • Registration Form**  
1/1/2020  through  3/31/2020

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

**Last Update**: 1/8/2020

---

### 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:** ____________________________  
**Address:** ____________________________  
**Phone:** ____________________________  
**Email:** ____________________________  
**City / State / Zip:** ____________________________  

<table>
<thead>
<tr>
<th>Gender:</th>
<th>M</th>
<th>F</th>
<th>Do you have a diagnosed Special Need?</th>
<th>Yes</th>
<th>No</th>
<th>Number of Children</th>
<th>Ages</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Marital Status:</th>
<th>Single, never married</th>
<th>Married</th>
<th>Separate</th>
<th>Divorced</th>
<th>Unmarried, living together</th>
<th>Widowed</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Race:</th>
<th>African America</th>
<th>Asian</th>
<th>Pacific Island</th>
<th>Native America</th>
<th>White</th>
<th>Multi-Racial</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Ethnicity:</th>
<th>Hispanic / Latin</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Monthly Gross Income</th>
<th>(before taxes)</th>
<th>$0-$500</th>
<th>$501-$1000</th>
<th>$1001-$2000</th>
<th>$2001-$3000</th>
<th>$3001-$4000</th>
<th>$4000+</th>
</tr>
</thead>
</table>

**Preferred Contact:** Email  Phone  Mail

---

### Step 3: Check the class box below

- [ ] The Neighborhood Series: Parenting of Teens 4 1764 01/06/20; 01/23/20; 01/30/20; 02/06/20
- [ ] Parenting 101: Becoming the Active Parent (ages 6+) 1 1746 01/14/20
- [ ] Active Parenting First Five Years - Bonding through Play 1 1748 01/16/20
- [ ] Parenting 201: Helping Your Kids Learn Good Problem Solving 1 1748 01/21/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1765 01/21/20; 01/23/20; 01/28/20; 01/30/20
- [ ] CLASS CANCELLED: Active Parenting First Five Years - Preventing Misbehavior 0 1749
- [ ] Parenting 301: Teaching Your Child Personal Responsibility (ages 6+) 1 1751 01/28/20
- [ ] Choose Your Partner and Caregiver Carefully (all ages) 1 1751 02/04/20
- [ ] Parenting 401: Building Up Your Child's Confidence (ages 6+) 1 1752 02/04/20
- [ ] Active Parenting First Five Years - Providing Simple Choices and Praise 1 1753 02/06/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1766 02/10/20; 02/12/20; 02/18/20; 02/26/20
- [ ] Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) 1 1754 02/11/20
- [ ] Active Parenting First Five Years - Stimulating School Readiness 1 1755 02/13/20
- [ ] Parenting 601: Preparing Your Kids for School- and Social Success 1 1756 02/18/20
- [ ] CLASS CANCELLED: Strategies that Promote Focus and Self Control 0 1757
- [ ] Understanding ADD / ADHD (all ages) - LIVE ONLINE WEBINA 1 1758 02/26/20
- [ ] Is This Normal? (Addressing the Ages and Stages of Child Development) 1 1759 02/27/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1767 03/04/20; 03/11/20; 03/18/20; 03/25/20
- [ ] Cooperative Parenting after Divorce and Separation (4-part on Taped) 4 1760 03/10/20; 03/12/20; 03/17/20; 03/19/20
- [ ] Taking an Active Stand against Bullying! (ages 8+) - LIVE ONLINE WEBINA 1 1761 03/25/20
- [ ] Toxic Stress and Child Development (all ages) 1 1762 03/26/20

### Step 4: Verify dates of class

- Court  CPS  Other

### Step 5: Select if ordered by

- [ ] The Neighborhood Series: Parenting of Teens 4 1764 01/06/20; 01/13/20; 01/15/20
- [ ] Parenting 101: Becoming the Active Parent (ages 6+) 1 1746 01/14/20
- [ ] Active Parenting First Five Years - Bonding through Play 1 1747 01/16/20
- [ ] Parenting 201: Helping Your Kids Learn Good Problem Solving 1 1748 01/21/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1765 01/21/20; 01/23/20; 01/28/20; 01/30/20
- [ ] CLASS CANCELLED: Active Parenting First Five Years - Preventing Misbehavior 0 1749
- [ ] Parenting 301: Teaching Your Child Personal Responsibility (ages 6+) 1 1751 01/28/20
- [ ] Choose Your Partner and Caregiver Carefully (all ages) 1 1751 01/30/20
- [ ] Parenting 401: Building Up Your Child's Confidence (ages 6+) 1 1752 02/04/20
- [ ] Active Parenting First Five Years - Providing Simple Choices and Praise 1 1753 02/06/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1766 02/10/20; 02/12/20; 02/18/20; 02/26/20
- [ ] Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) 1 1754 02/11/20
- [ ] Active Parenting First Five Years - Stimulating School Readiness 1 1755 02/13/20
- [ ] Parenting 601: Preparing Your Kids for School- and Social Success 1 1756 02/18/20
- [ ] CLASS CANCELLED: Strategies that Promote Focus and Self Control 0 1757
- [ ] Understanding ADD / ADHD (all ages) - LIVE ONLINE WEBINA 1 1758 02/26/20
- [ ] Is This Normal? (Addressing the Ages and Stages of Child Development) 1 1759 02/27/20
- [ ] The Neighborhood Series: Parenting of Teens 4 1767 03/04/20; 03/11/20; 03/18/20; 03/25/20
- [ ] Cooperative Parenting after Divorce and Separation (4-part on Taped) 4 1760 03/10/20; 03/12/20; 03/17/20; 03/19/20
- [ ] Taking an Active Stand against Bullying! (ages 8+) - LIVE ONLINE WEBINA 1 1761 03/25/20
- [ ] Toxic Stress and Child Development (all ages) 1 1762 03/26/20

### 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

---

Last Update: 1/8/2020