



Parent Education

Parenting support classes and workshops help families build & maintain healthy relationships, as well as promote a better future for your child.

The Children's Cabinet offers these classes at no cost.

April 1, 2021

Please note: Due to COVID-19 (aka the Novel Coronavirus), we are now offering parenting classes as virtual live Webinars. To pre-register, please click the web link below.

<http://nvparenting.eventbrite.com/>

Caregivers will be able to do the following online:

- Pre-register for any upcoming live Webinar 24/7
- Receive email reminders and updates upon completing registration (**please see below**)
- Track real-time remaining reservation availability

Please note:

- ❖ If you need assistance with online registration, we can support you. Please contact (775) 856-0100 Monday-Thursday from 8am to 6pm.
- ❖ Webinar space is limited; if you cannot attend, please cancel your registration online or by phone ASAP.
- ❖ **Please read your confirmation email upon pre-registering and do not delete it.** Your confirmation email will have important information, including a special web link to complete your registration process to attend the live Webinar, and download any class materials provided by the instructor.



Parent Education Opportunities

4/1/2021 through 6/30/2021

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 2021

Class: Toxic Stress and Child Development (all ages) **ClassID:** 1918

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

Start Date: 4/1/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/1/21

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: What are The 7 Essential Life Skills Children Need to Succeed? An Introduction to MITM (ages 0-5) **ClassID:** 1935

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

Start Date: 4/5/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/05/21

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 can help children build life skills from birth through early childhood. (2-hour program)

Class: The Early Childhood Conversation about LGBTQIA (all ages) **ClassID:** 1934

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

Start Date: 4/8/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/08/21

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: I'm Ready for K: Math **ClassID:** 1950

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

Start Date: 4/9/2021 **Start Time:** 3:00 PM **End Time:** 4:00 PM **All session dates:** 04/09/21

With "I'm Ready for K", parents and guardians will discover how to help your child acquire the skills necessary for kindergarten readiness, how to effectively use the "I'm Ready for K!" book to gauge your child's current readiness for kindergarten, and the importance of math to your child's development.

Class: Disciplina Positiva (todas las edades) (de 2 a 12 años) **ClassID:** 1937

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

Start Date: 4/12/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/12/21

Tomado del plan de estudios aclamados por la crítica de Paternidad Activa y Parentidad Activa: Los Primeros Cinco Años, el objetivo de este programa es proporcionar a los padres y cuidadores formas de ayudar resolución problemas para disciplinar de manera segura a sus hijos (de 2 a 12 años). (Programa de 2 horas)

Class: **Mind in the Making: Essential Life Skill 1 - Focus & Self Control** *ClassID:* 1938

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

Start Date: 4/14/2021 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 04/14/21

Children need the Life Skill of Focus and Self Control in order to achieve their goals, especially in a world that is filled with distractions and information overload. Join us to learn more about the science that shows us ways to easily build the skill of Focus and Self Control from infancy and help prepare children for school, friends and life.

Class: **Vroom® - Creating a Spark in Your Child's Developing Brain (ages 0-5)** *ClassID:* 1928

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

Start Date: 4/15/2021 *Start Time:* 5:00 PM *End Time:* 6:30 PM *All session dates:* 04/15/21

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. (1.5- hour program)

Class: **Active Parenting First Five Years- Bonding Through Play** *ClassID:* 1919

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

Start Date: 4/21/2021 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 04/21/21

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: **I'm Ready for K: Social Studies and Social Emotional** *ClassID:* 1949

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

Start Date: 4/23/2021 *Start Time:* 3:00 PM *End Time:* 4:00 PM *All session dates:* 04/23/21

With "I'm Ready for K", parents and guardians will discover how to help your child acquire the skills necessary for kindergarten readiness, how to effectively use the "I'm Ready for K!" book to gauge your child's current readiness for kindergarten, and the importance of social studies/social emotional skills for your child to develop self-confidence and self-direction.

Class: **Active Parenting First Five Years - Preventing Problems from Escalating** *ClassID:* 1923

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

Start Date: 4/28/2021 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 04/28/21

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. (1.5-hour program)

May 2021

Class: **Cooperative Parenting after Divorce and Separation (4-part series) (all ages)** *ClassID:* 1933

Location: LIVE ONLINE WEBINAR *# sessions in class:* 4

Start Date: 5/4/2021 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 5/4/21; 5/6/21; 5/11/21; 5/13/21

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.)

Class: Active Parenting First Five Years - Providing Simple Choices and Consequences **ClassID:** 1925

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

Start Date: 5/5/2021 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 5/05/21

Caregivers often need reassurance whenever correcting a young child's misbehavior. Derived from the curriculum Active Parenting: The First Five Years, we will 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). (1.5-hour program)

Class: Vroom: You Already Have What It Takes! **ClassID:** 1952

Location: The Children's Cabinet-Las Vegas **# sessions in class:** 0

Start Date: 5/10/2021 **Start Time:** 3:00 PM **End Time:** 4:00 PM **All session dates:**

Parents will gain information about their special role as their child's first and most important teacher. Parents will find out how to be brain-builders by using Vroom tips. Participant parents will have access to more than 1,000 Vroom Tips to help them turn everyday moments into brain building moments.

Class: Vroom: You Already Have What It Takes! **ClassID:** 1953

Location: The Children's Cabinet-Las Vegas **# sessions in class:** 0

Start Date: 5/10/2021 **Start Time:** 3:00 PM **End Time:** 4:00 PM **All session dates:**

Parents will gain information about their special role as their child's first and most important teacher. Parents will find out how to be brain-builders by using Vroom tips. Participant parents will have access to more than 1,000 Vroom Tips to help them turn everyday moments into brain building moments.

Class: Active Parenting First Five Years - Stimulating School Readiness **ClassID:** 1927

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

Start Date: 5/12/2021 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 5/12/21

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 101: Becoming the Active Parent (ages 6+) **ClassID:** 1920

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

Start Date: 5/18/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/18/21

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: Vroom® - Creating a Spark in Your Child's Developing Brain (ages 0-5) **ClassID:** 1929

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

Start Date: 5/19/2021 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 05/19/21

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. (1.5- hour program)

Class: Mind in the Making: Essential Life Skill 2 - Perspective Taking **ClassID:** 1939

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

Start Date: 5/20/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/20/21

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: Parenting 201: Helping Your Kid Learn Good Problem Solving Skills (ages 6+) **ClassID:** 1921

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

Start Date: 5/25/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/25/21

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)

Class: Mind in the Making: Essential Life Skill 3 - Communicating **ClassID:** 1940

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

Start Date: 5/27/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/27/21

Communicating is the life skill of determining what we want to communicate and how we will be understood by others. Children are primed to communicate from birth. Join us to learn everyday ways to promote Communicating and help prepare children for school, friends and life.

June 2021

Class: Parenting 301: Teaching Your Child Personal Responsibility (ages 6+) **ClassID:** 1924

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

Start Date: 6/1/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/01/21

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: Vroom: Ya Tienes Lo Que Se Necesita! **ClassID:** 1954

Location: The Children's Cabinet-Las Vegas **# sessions in class:** 0

Start Date: 6/2/2021 **Start Time:** 3:00 PM **End Time:** 4:00 PM **All session dates:**

Los padres obtendrán información sobre su papel especial como el primer y más importante maestro de su hijo. Los padres descubrirán cómo desarrollar el cerebro utilizando los consejos de Vroom. Los padres participantes tendrán acceso a más de 1,000 Vroom Tips para ayudarlos a convertir los momentos cotidianos en momentos de desarrollo del cerebro.

Class: Vroom: Ya Tienes Lo Que Se Necesita! **ClassID:** 1955

Location: The Children's Cabinet-Las Vegas **# sessions in class:** 0

Start Date: 6/2/2021 **Start Time:** 3:00 PM **End Time:** 4:00 PM **All session dates:**

Los padres obtendrán información sobre su papel especial como el primer y más importante maestro de su hijo. Los padres descubrirán cómo desarrollar el cerebro utilizando los consejos de Vroom. Los padres participantes tendrán acceso a más de 1,000 Vroom Tips para ayudarlos a convertir los momentos cotidianos en momentos de desarrollo del cerebro.

Class: Using American Sign Language (ASL) in Early Childhood (ages 1-5) **ClassID:** 1943

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

Start Date: 6/3/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/03/21

Using American Sign Language (ASL) teaches parents and guardians an alternative way on how to communicate with young children without using spoken words. This workshop provides basic strategies using both visual and kinetic communication that allows children to process information quicker, while reducing overall frustration and tantrum behavior. (2-hour program)

- Class:** **Mind in the Making: Essential Life Skill 4 - Making Connections** **ClassID:** 1941
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/7/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/07/21
 Making Connections is at the heart of learning: figuring out what's the same, what's different and sorting these things into categories. Making unusual connections is at the heart of creativity. Join us to learn everyday ways to promote Making Connections and help prepare children for school, friends and life.
- Class:** **Parenting 401: Building Up Your Child's Confidence (ages 6+)** **ClassID:** 1926
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/8/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/08/21
 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:** **Vroom® - Creating a Spark in Your Child's Developing Brain (ages 0-5)** **ClassID:** 1930
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/10/2021 **Start Time:** 6:00 PM **End Time:** 7:30 PM **All session dates:** 06/10/21
 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. (1.5- hour program)
- Class:** **Mind in the Making: Essential Life Skill 5 - Critical Thinking** **ClassID:** 1945
Location: ONLINE LIVE WEBINAR **# sessions in class:** 1
Start Date: 6/14/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/14/21
 Critical Thinking is the ongoing search for valid and reliable knowledge to guide beliefs, decisions, and actions. Join us to learn everyday ways to promote Critical Thinking and help prepare children for school, friends and life.
- Class:** **Parenting 501: Redirecting Your Child's Misbehavior (ages 6+)** **ClassID:** 1931
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/15/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/15/21
 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:** **Choose Your Partner and Caregiver Carefully (all ages)** **ClassID:** 1922
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/17/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/17/21
 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:** **Parenting 601: Preparing Your Kid for School- and Social Success (ages 6+)** **ClassID:** 1932
Location: LIVE ONLINE WEBINAR **# sessions in class:** 1
Start Date: 6/22/2021 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/22/21
 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:Essential Life Skills 6- Taking on Challenges**

ClassID: **1947**

Location: LIVE ONLINE WEBINAR

sessions in class: 1

Start Date: 6/24/2021 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 06/24/21

Life is full of stresses and challenges. Children that can take on challenges in the face of life's stresses have an advantage. Join us to learn everyday ways to promote taking on challenges and help prepare children for school, friends and life.

Class: **Positive Discipline (ages 2-12)**

ClassID: **1944**

Location: LIVE ONLINE WEBINAR

sessions in class: 1

Start Date: 6/28/2021 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 06/28/21

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)



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:** _____