




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.



You can now register online for all
Parenting Education workshops
by using the web link below:

<http://nvparentingedu.eventbrite.com>

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

1/1/2020 through 3/31/2020

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 **# sessions in class:** 1

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 **# sessions in class:** 1

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 **# sessions in class:** 1

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: **CLASS CANCELLED: Active Parenting First Five Years - Preventing Problems from Escalating** *ClassID:* 1749
Location: *# sessions in class:* 0
Start Date: 1/23/2020 *Start Time:* *End Time:* *All session dates:*

Class: **Parenting 301: Teaching Your Child Personal Responsibility (ages 6+)** *ClassID:* 1750
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date: 1/28/2020 *Start Time:* 6:00 PM *End Time:* 9:00 PM *All session dates:* 01/28/20

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. (3-hour program)

Class: **Choose Your Partner and Caregiver Carefully (all ages)** *ClassID:* 1751
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date: 1/30/2020 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 01/30/20

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)

February 2020

Class: **Parenting 401: Building Up Your Child's Confidence (ages 6+)** *ClassID:* 1752
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date: 2/4/2020 *Start Time:* 6:00 PM *End Time:* 8:30 PM *All session dates:* 02/04/20

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. (2.5-hour program)

Class: **Active Parenting First Five Years - Providing Simple Choices and Consequences** *ClassID:* 1753
Location: The Children's Cabinet-Rock Blvd *# sessions in class:* 1
Start Date: 2/6/2020 *Start Time:* 6:00 PM *End Time:* 7:30 PM *All session dates:* 02/06/20

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: **The Neighborhood Series: Parenting of Teens** *ClassID:* 1766
Location: South Valleys Library - Diamond Room *# sessions in class:* 4
Start Date: 2/10/2020 *Start Time:* 5:00 PM *End Time:* 7:00 PM *All session dates:* 02/10/20; 02/12/20; 02/24/20; 02/26/20

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 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)

March 2020

Class: **The Neighborhood Series: Parenting of Teens** *ClassID:* 1767

Location: Caughlin Club - 4100 Caughlin Pkwy *# sessions in class:* 4

Start Date: 3/4/2020 *Start Time:* 6:30 PM *End Time:* 8:30 PM *All session dates:* 03/04/20; 03/11/20; 03/18/20; 03/25/20

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: **Cooperative Parenting after Divorce and Separation (4-part on Tue/Thurs) (all ages)** *ClassID:* 1760

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

Start Date: 3/10/2020 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/10/20; 03/12/20; 03/17/20; 03/19/20

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: **Taking an Active Stand against Bullying! (ages 8+) - LIVE ONLINE WEBINAR ONLY** *ClassID:* 1761

Location: *# sessions in class:* 1

Start Date: 3/25/2020 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/25/20

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)

Class: **Toxic Stress and Child Development (all ages)** *ClassID:* 1762

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

Start Date: 3/26/2020 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 03/26/20

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.



Class Locations



Location Key
Use the icons below to find the class location on the maps.



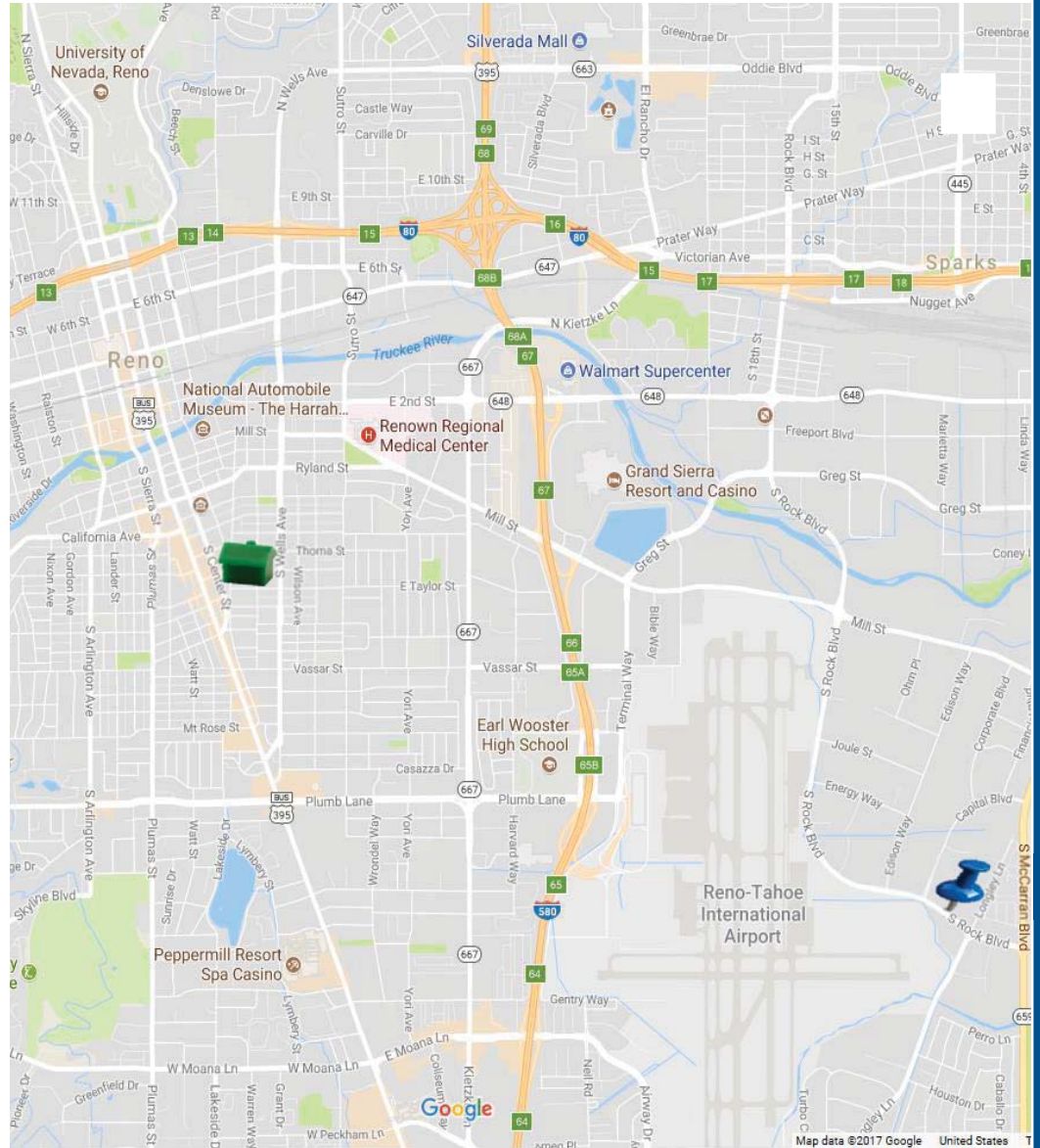
[The Children's Cabinet](#)
1090 South Rock Blvd., Reno, NV 89502



[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 _____ 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:** _____



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: _____ 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"/> The Neighborhood Series: Parenting of Teens	4	1764	01/06/20; 01/08/20; 01/13/20; 01/15/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 101: Becoming the Active Parent (ages 6+)	1	1746	01/14/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years - Bonding through Play	1	1747	01/16/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 201: Helping Your Kids Learn Good Problem Solving	1	1748	01/21/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Neighborhood Series: Parenting of Teens	4	1765	01/21/20; 01/23/20; 01/28/20; 01/30/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> CLASS CANCELLED: Active Parenting First Five Years - Preve	0	1749		<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 301: Teaching Your Child Personal Responsibility (ag	1	1750	01/28/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Choose Your Partner and Caregiver Carefully (all ages)	1	1751	01/30/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 401: Building Up Your Child's Confidence (ages 6+)	1	1752	02/04/20	<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	1753	02/06/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Neighborhood Series: Parenting of Teens	4	1766	02/10/20; 02/12/20; 02/24/20; 02/26/20	<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	1754	02/11/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years - Stimulating School Readines	1	1755	02/13/20	<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	1756	02/18/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> CLASS CANCELLED: Strategies that Promote Focus and Self C	0	1757		<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Understanding ADD / ADHD (all ages) - LIVE ONLINE WEBINA	1	1758	02/26/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Is This Normal? (Addressing the Ages and Stages of Child Deve	1	1759	02/27/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Neighborhood Series: Parenting of Teens	4	1767	03/04/20; 03/11/20; 03/18/20; 03/25/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce and Separation (4-part on T	4	1760	03/10/20; 03/12/20; 03/17/20; 03/19/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Taking an Active Stand against Bullying! (ages 8+) - LIVE ONLI	1	1761	03/25/20	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	1762	03/26/20	<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