



Parent Education Opportunities

7/1/2024 through 9/30/2024

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.

July 2024

Class: Positive Solutions For Families Session 3 Behavior Has Meaning **ClassID:** 2865

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

Start Date: 7/1/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 07/01/24

Behavior has meaning. This class examines why children do what they do. We will practice ways of determining the meaning of behavior. Finally this class show families how to effectively teach household and community rules.

Class: Parenting 101: Becoming the Active Parent (ages 6+) **ClassID:** 2872

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

Start Date: 7/2/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 07/02/24

Parenting requires a lot of energy. Because children respond better to actions than to words, to be an effective parent is to be an active parent. This class will help you clarify your own goals for your child and teach you effective methods for leading your child toward those roles. It will also teach you a consistent model of parenting, enabling you to act with confidence and clarity as you encounter the many challenges parents face. (2-hour program)

Class: Parenting 201: Helping Your Kids Learn Good Communication and Cooperation (ages 6+) **ClassID:** 2873

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

Start Date: 7/9/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 07/09/24

When people work together cooperatively, problems are solved. A child who learns to work cooperatively with others has a far greater chance of success than a child who stands alone. This class will help you develop the skills for teaching cooperation and good communication to your child. We will discuss how to help our kids recognize and solve common problems using sound communication skills (e.g., Active Listening, responding to feelings, looking for alternatives, offering encouragement, and follow-up). (2-hour program)

Class: Parenting 301: Teaching Your Children Personal Responsibility (ages 6+) **ClassID:** 2874

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

Start Date: 7/16/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 07/16/24

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: Parenting 401: Building Up Your Child's Courage and Self-Esteem (ages 6+) **ClassID:** 2875

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

Start Date: 7/23/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 07/23/24

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: Parenting 501: Redirecting Your Child's Misbehavior (ages 6+) **ClassID:** 2876

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

Start Date: 7/30/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 7/30/24

In this class, we explain the age-old question, "What are they 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)

August 2024

Class: Toxic Stress and Child Development (all ages) **ClassID:** 2878

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

Start Date: 8/5/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 08/05/24

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 601: Preparing Your Kids for School- and Social Success (ages 6+) **ClassID:** 2877

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

Start Date: 8/6/2024 **Start Time:** 6:00 AM **End Time:** 8:00 PM **All session dates:** 08/06/24

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)

Class: Positive Solutions For Families Session 4: The Power of Routines **ClassID:** 2866

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

Start Date: 8/12/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 08/12/24

Families will discover the importance of routines and how to set children up for success. Families will be introduced to the Family Routine Guide. Families will identify strategies for helping children be successful with transitions. Finally families will have a plan for when routines go well.

Class: Cooperative Parenting after Divorce and Separation (4-part program) (all ages) **ClassID:** 2879

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

Start Date: 8/13/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 8/13/24; 8/20/24; 8/27/24; 9/3/24

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 deserve. This is an 8-hour program, 4 two-hour sessions.

September 2024

Class: Positive Solutions for Families Teach Me What to Do **ClassID:** 2867

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

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

Families will understand why teaching key social and emotional skills is needed. Families will learn when the best time is to teach social and emotional skills. Families will identify feelings words and identify effective ways to teach feelings vocabulary. Families will identify how the use of calming strategies can be used to cope with feelings and teach self-regulation skills. Finally families will learn how to teach problem-solving skills.

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

ClassID: **2880**

Location: LIVE ONLINE WEBINAR

sessions in class: 1

Start Date: 9/10/2024 *Start Time:* 6:00 PM *End Time:* 8:00 PM *All session dates:* 09/10/24

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 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



Reno / Sparks Locations

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

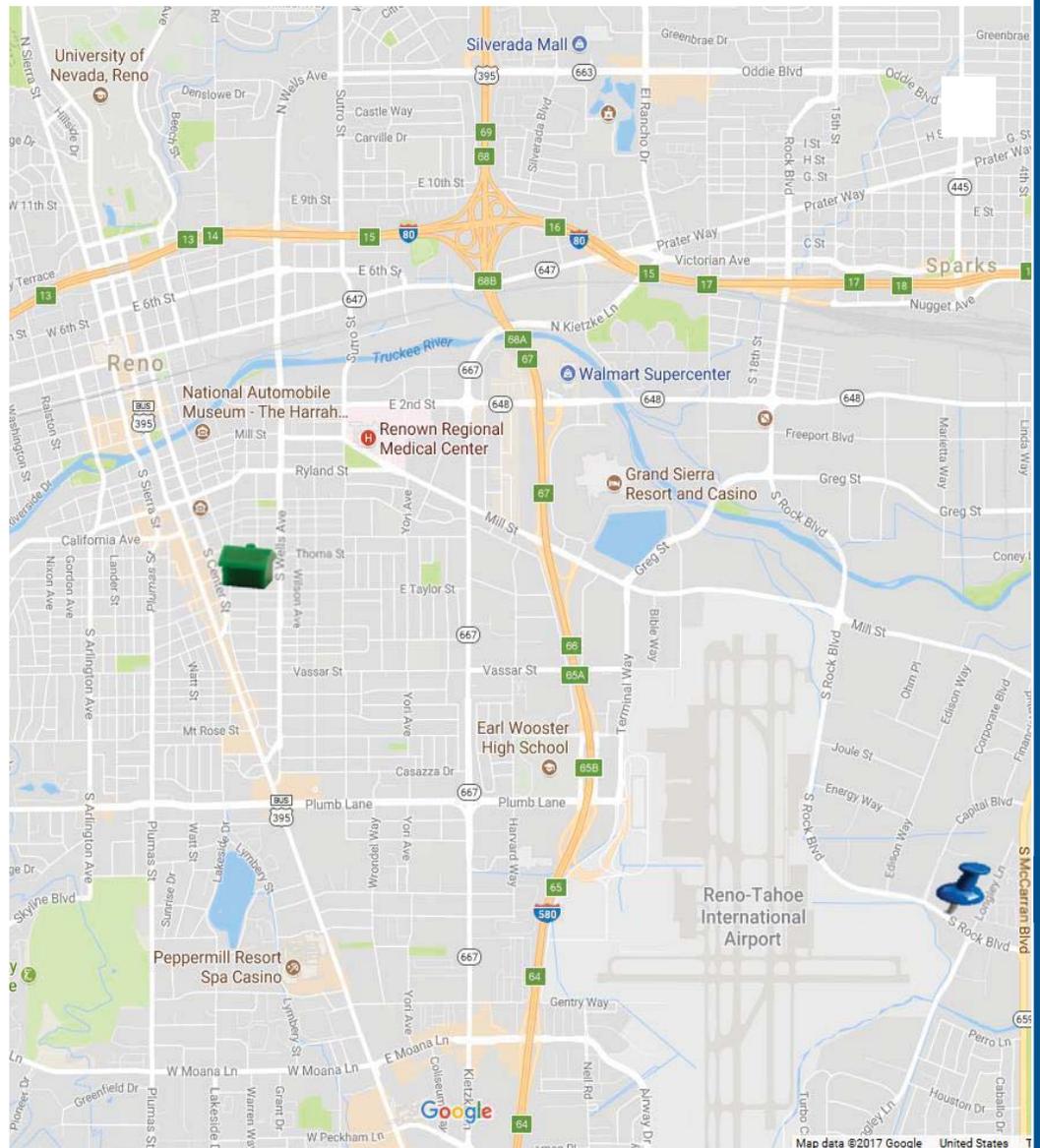


[The Children's Cabinet](#)
1090 South Rock Blvd., Reno,
NV 89502



[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





Parenting Classes Offered by Other Agencies

Supporting Early Education and Development

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

7/1/2024 through 9/30/2024



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

Last Update 6/25/2024

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
<input type="checkbox"/> Positive Solutions For Families Session 3 Behavior Has Meanin	1	2865	07/01/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 101: Becoming the Active Parent (ages 6+)	1	2872	07/02/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Parenting 301: Teaching Your Children Personal Responsibility (1	2874	07/16/24	<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	2876	7/30/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions For Families Session 4: The Power of Routin	1	2866	08/12/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Cooperative Parenting after Divorce and Separation (4-part pro	4	2879	8/13/24; 8/20/24; 8/27/24; 9/3/24	<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	2867	09/09/24	<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"/> Parenting 201: Helping Your Kids Learn Good Communication a	1	2873	07/09/24	<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-Estee	1	2875	07/23/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Toxic Stress and Child Development (all ages)	1	2878	08/05/24	<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	2877	08/06/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Discipline (ages 2-12)	1	2880	09/10/24	<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

Connect With Your Teen

Workshops for Parents and Caregivers

All participants receive a workbook and wallet card

Build parenting **confidence** in just one hour

+ Understand your teen's mindset

+ Recognize and talk about your teen's skills and talents

+ Grow your teen's connections and achievements



Living Ideation©

Questions? Contact Misty Reid at mreid@childrenscabinet.org

Visit our website at <https://www.childrenscabinet.org/who-we-serve/i-am-a-parent/connect-with-your-teen/> for **Spanish language** workshop dates and times.



The Children's Cabinet

777 Sinclair St
Reno, NV 89501



Thursday

July 18, 2024

Thursday

August 22, 2024



5:30-6:30pm

Conéctese con su Adolescente

Talleres para Padres y Cuidadores

Todos los participantes recibirán un libro y una tarjeta de información

Desarrollen su **confianza** como padres en solo una hora

+ Aumente las conexiones y logros de sus adolescentes

+ Comprenda la mentalidad de su adolescente

+ Reconozca y hable acerca de las habilidades y los talentos de su adolescente



Living Ideation©

Contacte a Jessica Rosas con sus preguntas jrosas@childrenscabinet.org

Por favor revise el website <https://www.childrenscabinet.org/who-we-serve/i-am-a-parent/connect-with-your-teen/> para fechas y horarios de **talleres en Inglés.**



The Children's Cabinet

777 Sinclair St
Reno, NV 89501



Jueves

18 de julio del 2024

Jueves

22 de agosto del 2024



5:30-6:30pm

The Children's Cabinet in partnership
with Continued Success

Connect With Your Teen

Workshops for Parents and Caregivers

All participants
receive a workbook
and wallet card

Build
parenting
confidence
in just one
hour

+ Understand your
teen's mindset

+ Recognize and talk
about your teen's
skills and talents

+ Grow your teen's connections
and achievements



Living Ideation©

Questions? Contact Misty Reid at mreid@childrenscabinet.org

Visit our website at <https://www.childrenscabinet.org/who-we-serve/i-am-a-parent/connect-with-your-teen/> for **Spanish language** workshop dates and times.



The Children's Cabinet

777 Sinclair St
Reno, NV 89501



Thursday

September 19, 2024



5:30-6:30pm

The Children's Cabinet en alianza con
Continued Success

Conéctese con su Adolescente

Talleres para Padres y Cuidadores

Todos los participantes
recibirán un libro
y una tarjeta de
información

Desarrollen
su **confianza**
como padres
en solo una
hora

+ Aumente las
conexiones y logros
de sus adolescentes

+ Comprenda la
mentalidad de su
adolescente

+ Reconozca y hable acerca de
las habilidades y los talentos
de su adolescente



Living Ideation®

Contacte a Jessica Rosas con sus preguntas jrosas@childrenscabinet.org

Por favor revise el website <https://www.childrenscabinet.org/who-we-serve/i-am-a-parent/connect-with-your-teen/> para fechas y horarios de **talleres en Inglés**.



The Children's Cabinet

777 Sinclair St
Reno, NV 89501



Jueves

19 de septiembre del 2024



5:30-6:30pm

Circle of Security®
PARENTING™



At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Circle of Security Parenting Series

Learning Objectives of the Training

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

Who

Parents or caregivers of young children*

*This course is geared towards caregivers of children 4mo-6 years, but parents of older children may also find the information helpful.

Where

The Children's Cabinet
777 Sinclair St
Reno, NV 89501

When

Thursdays 5:30-7:00pm
August 1st—September 19th

For More Information and to Sign Up

Please scan QR code or go to
www.childrencabinet.org/family-programs-cosp/ for more information and to sign up.

For questions contact:

Morgan Wright Caleb Bay
775-682-1318 775-303-9821



The Children's Cabinet, Inc., is a 501(c)(3) tax-exempt organization located in Nevada.