

CLASS DESCRIPTIONS:

Early Childhood Nurturing Program for Parents

This 16-week course teaches parents developmental expectations in order to apply disciplinary consequences that are age appropriate. Information on nurturing parenting techniques and behavior management are taught through video and group discussion. Encourages parents to learn parenting skills rather than depending on the belief that parenting is instinctual.

Circle of Parents

Circle of Parents is a parent-led, mutual self-help support group for parents and caregivers. Groups strive to address the five protective factors which include: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children. Circle of Parents is implemented as a preventive program.

Group Triple P

A broad-based parenting intervention delivered over eight weeks for parents of children who are interested in learning a variety of parenting skills. The program involves four (2 hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior and plan for high-risk situations. Then there are three (15 to 20 minute) individual telephone consultations to assist parents with independent problem solving while they are practicing the skills at home. The final session is in a group setting to review progress, discuss maintenance and generalization issues and complete final assessments.

1234 Parents

This four-week course is video based and helps parents learn how to protect and teach their children. It teaches 4 stages of child development and how to encourage learning during each stage. Non-violent discipline skills and rule settings at each level are discussed.

Active Parenting Now!

This four-session program demonstrates non-violent discipline techniques and effective encouragement skill to parents of children ages 5-12. Topics include mutual respect, active communication skills, teaching responsibility and much more.

Active Parenting of Teens

This four-week program is a video-based, interactive learning experience for parents and teens to take together. It works best when a facilitator leads workshops with small groups of parents and their teens separately. Parents and teens will learn to understand developmental changes as shown through behavior, to communicate effectively, to prevent and handle drug and alcohol issues, to discipline while teaching responsibility, to encourage toward better behavior, to learn teens' goals so they can redirect their behavior, and the explore and encourage nonviolent conflict resolution inside the home and out.

Active Parenting for Stepfamilies

This six-week program is a video-based, interactive curriculum that teaches a comprehensive model of stepfamily parenting for children of all ages.

Cooperative Parenting and Divorce

This four-week program teaches parents to shield their children from parental conflict. Parents will learn to guide their children through the process of recovery while establishing a positive, long-term relationship with the child's other parent. This program is an extensive, informed and interactive resource examining the complex realities of parenting after divorce.

Darkness to Light

A 2.5-hour training utilizing a video, an interactive workbook and group discussion to address child sexual abuse and its impact on children. It includes survivor stories and commentary from experts in child sexual abuse, adult education, and law enforcement. It introduces 4 tools and 7 Steps that will empower you to be a stronger child advocate for the prevention of childhood sexual abuse, and reinforces skills with discussion. Child or perpetrator interviews are not used, but rather affirmations from survivors about their healing. The video focuses on empowerment and healing, and addresses primary and secondary prevention.

Love Notes

This class is for adolescents. Its primary instruction is on healthy relationships. It covers many aspects of relationships healthy and unhealthy. It usually meets for 5 weeks for two hours.

Nurturing America's Military Families

This 4-week class is part Of the Nurturing Series and is geared toward military families. The lesson guide stresses nurturing parenting practices as well as issues relating to military families. Such issues include deployment, PTSD, reunification, etc.

Making Children Mind Without Losing Yours

This four-week program is video based and teaches parents about "reality discipline, an action-oriented way of holding kids accountable for their behavior." This discipline is based on unconditional love and the willingness to take the time and effort to enforce discipline. The seven principles discussed are: Establish a healthy authority over children, Hold children accountable for their actions, Let reality and life be the teachers, Use actions more than words. Words only go so far, Stick to your guns. Just don't shoot yourself in the foot, Relationships come before rules, Live by your values, Model the behavior you want to see in your children.