



Parent Education Opportunities

4/1/2024 through 6/30/2024

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.

April 2024

Class: Positive Solutions for Families Session 7: Putting It All Together With a Plan **ClassID:** 2763

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

Start Date: 4/8/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/08/24

This course will help parents develop a behavior plan to use during daily routines.

Class: Positive Discipline **ClassID:** 2791

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

Start Date: 4/9/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/09/24

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: Active Parenting First Five Years: You and Your Child **ClassID:** 2792

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

Start Date: 4/16/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/16/24

The first five years of a child's life are critical to their development. There are many influences on a child's development, but the first and most fundamental is the child's parent or caregiver. During Active Parenting: First Five Years, we will explore the various stages of child development from birth to age 5, styles of parenting and help parents and caregivers understand the importance of building a parent/child bond, play and self-care. (2 hour class)

Class: Active Parenting First Five Years : Encouraging Positive Behavior **ClassID:** 2794

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

Start Date: 4/23/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/23/24

Caregivers often need reassurance whenever correcting a young child's misbehavior. In Active Parenting: The First Five Years, we 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). (2-hour program)

Class: Active Parenting First Five Years: Preventing Problems from Escalating **ClassID:** 2793

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

Start Date: 4/30/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 04/16/24

In this class, parents/caregivers will start to understand basic brain development in early childhood. They will learn how to identify ways of preventing accidents and problems. They will also learn the difference between discipline and punishment and understand the importance of routines and expressing affection to children. (2 hour program)

May 2024

Class: Positive Solutions for Families Session 1: Making the Connection **ClassID:** 2764

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

Start Date: 5/6/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/06/24

This class will orient participants to the Positive Solutions for Families format, building connections with your child, and using positive encouragement.

Class: Active Parenting First Five Years: Stimulating School Readiness **ClassID:** 2795

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

Start Date: 5/7/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/07/24

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 preschool and kindergarten. We will also encourage the importance of limiting screen time, building social skills, stimulating independence, and co-reading together. (2-hour program)

Class: The Parent's Toolbox **ClassID:** 2796

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

Start Date: 5/14/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/14/24

Building a healthy happy home takes work. Learn which tools you need in your toolbox to be an effective parent. If you use the right tools, you can prevent problems before they happen, by building a great foundation and developing cooperation.

Class: Paternidad Activa Los Primeros Cinco Años: Decisiones y Consecuencias **ClassID:** 2797

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

Start Date: 5/21/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/21/24

Los cuidadores necesitan tranquilidad cuando corrigen la mala conducta de sus hijos pequeño. Derivado de la Paternidad Activa los Primeros Cinco Años: vamos explorar formas de mejorar sus habilidades proporcionando actividades que apoyan las técnicas de disciplina positiva (por ejemplo, dando opciones simples, siguiendo con consecuencias lógicas y ofrecer perdón). (Programa de 2 horas)

Class: Active Parenting for Stepfamilies **ClassID:** 2798

Location: The Children's Cabinet-Rock Blvd **# sessions in class:** 5

Start Date: 5/28/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 05/28; 06/04; 06/11; 06/18; 6/25

Active Parenting for Stepfamilies is a program for both parents and stepparents. It demonstrates skills for raising children in the unique blended family environment, along with powerful communication and negotiation skills to strengthen marriage and family. The program covers topics that are unique to stepfamilies: the stepparent's role, emotional baggage, differences in values, discipline, power struggles, and celebrating your blended family's achievements.

June 2024

Class: Positive Solutions for Families Session 2: Keeping it Positive **ClassID:** 2765

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

Start Date: 6/3/2024 **Start Time:** 6:00 PM **End Time:** 8:00 PM **All session dates:** 06/03/24

Participants will learn how to use playful interactions to strengthen the caregiver-child relationship, understand the meaning of challenging behavior, and how to use positively stated directions.

Class: **Soluciones Positivas Para Familias: El Comportamiento Tiene Significado** *ClassID:* **2759**

Location: Webinar *# sessions in class:* 1

Start Date: 6/4/2024 *Start Time:* 10:00 AM *End Time:* 11:30 AM *All session dates:* 06/04/24

La clase ensena como promover la habilidades sociales y emocionales de sus hijos, comprender sus comportamientos problematicos y usar enfoques positivos para ayudar a los ninos a aprender el comportamiento apropiado.

Class: **Soluciones Positivas Para Familias: Ensename Que Hacer!** *ClassID:* **2760**

Location: Webinar *# sessions in class:* 1

Start Date: 6/11/2024 *Start Time:* 10:00 AM *End Time:* 11:30 AM *All session dates:* 03/11/24

La clase le ayudara a entender los comportamientos desafiantes de los ninos pequenos y le proporcionara ideas de que hacer ante estos comportamientos. Tambien aprendera tecnicas para apoyar a su hijo con el manejo de las emociones y la solucion de problemas.

Class: **Soluciones Positivas Para Familias: Responder con Determinacion** *ClassID:* **2761**

Location: Webinar *# sessions in class:* 1

Start Date: 6/18/2024 *Start Time:* 10:00 AM *End Time:* 11:30 AM *All session dates:* 06/18/24

Aprenda a responder los comportamientos desafiantes de sus hijos pequenos a traves de la prevencion, consecuencias logicas y reorientacion.

Class: **Soluciones Positivas Para Familias: El Poder de las Rutinas** *ClassID:* **2762**

Location: Webinar *# sessions in class:* 1

Start Date: 6/25/2024 *Start Time:* 10:00 AM *End Time:* 11:30 AM *All session dates:* 06/25/24

Esta sesion demuestra la im portancia de las rutinas como una estrategia para prevenir comportamientos desafiantes en los ninos pequenos.

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.

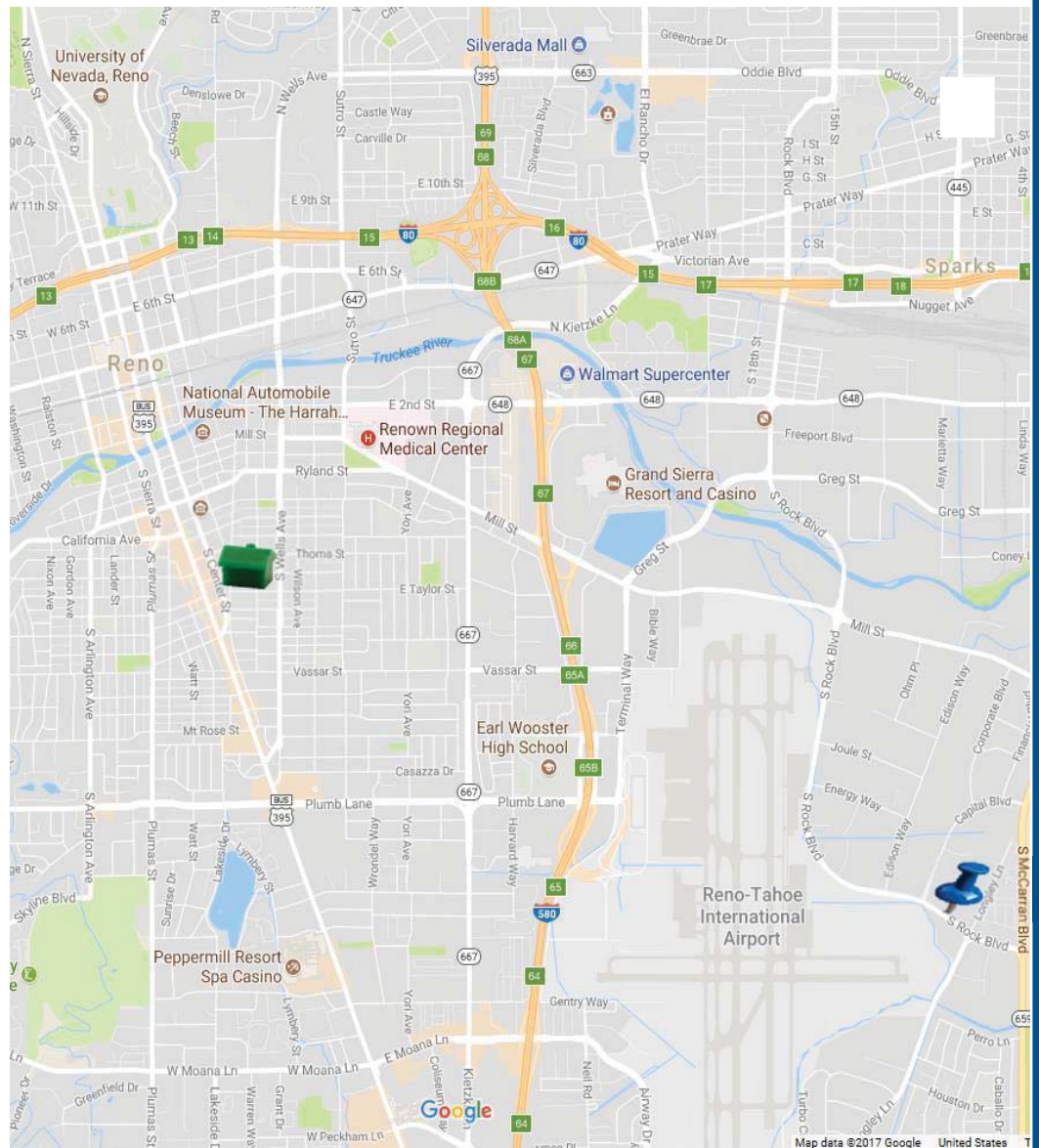


[The Children's Cabinet](#)
1090 South Rock Blvd., Reno,
NV 89502



[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

4/1/2024 through 6/30/2024

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

Last Update: 3/18/2024

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 by
<input type="checkbox"/> Positive Solutions for Families Session 7: Putting It All Together	1	2763	04/08/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Discipline	1	2791	04/09/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years: You and Your Child	1	2792	04/16/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years : Encouraging Positive Behavi	1	2794	04/23/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years: Preventing Problems from Esc	1	2793	04/16/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families Session 1: Making the Connectio	1	2764	05/06/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting First Five Years: Stimulating School Readiness	1	2795	05/07/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> The Parent's Toolbox	1	2796	05/14/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Paternidad Activa Los Primeros Cinco Años: Decisiones y Cons	1	2797	05/21/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Active Parenting for Stepfamilies	5	2798	05/28; 06/04; 06/11; 06/18; 6/25	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Positive Solutions for Families Session 2: Keeping it Positive	1	2765	06/03/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: El Comportamiento Tiene S	1	2759	06/04/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Ensename Que Hacer!	1	2760	03/11/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Responder con Determinaci	1	2761	06/18/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: El Poder de las Rutinas	1	2762	06/25/24	<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"/> Soluciones Positivas Para Familias: El Comportamiento Tiene S	1	2759	06/04/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Ensename Que Hacer!	1	2760	03/11/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: Responder con Determinaci	1	2761	06/18/24	<input type="checkbox"/> Court <input type="checkbox"/> CPS <input type="checkbox"/> Other: _____
<input type="checkbox"/> Soluciones Positivas Para Familias: El Poder de las Rutinas	1	2762	06/25/24	<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

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 children 4 mo.—6 years old*

***Childcare available upon request**

Where

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

When

Mondays 5:30-7:00pm
April 22nd — June 17th

Childcare available upon request

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.

Connect With Your Teen!

Workshops for parents and caregivers.

All participants receive a workbook and wallet card.

Zoom Workshops:

Zoom Meeting ID: 826 1332 5779
<https://us02web.us/j/82613325779>

Wednesday, **April 10th** 12:00pm
Wednesday, **April 17th** 12:00pm
Wednesday, **April 24th** 12:00pm
Wednesday, **May 8th** 12:00pm
Wednesday, **May 15th** 12:00pm
Wednesday, **May 22nd** 12:00pm

In Person Workshops

777 Sinclair St, Reno, NV 89501

Wednesday, **April 10th** 12:00pm
Wednesday, **May 1st** 12:00pm



Understand your teen's mindset

Recognize and talk about your teen's skills and talents

Grow your teen's connections and achievements



Scan the QR code for Spanish workshop dates and times

Living Ideation©

Questions? Contact Misty Reid at MReid@ChildrensCabinet.org

 **The Children's Cabinet**

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

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

Comprenda la mentalidad de su adolescente

Aumente las conexiones y logros de sus adolescentes



Escanea el código QR para conocer las fechas y horarios de los talleres de inglés.

Living Ideation©

Preguntas? Contacte Jessica Rosas a JRosas@ChildrensCabinet.org

 **The Children's Cabinet**

Talleres En Persona:

777 Sinclair St, Reno, NV 89501

Jueves **18 de abril** a las 6:00pm

Jueves **2 de mayo** a las 6:00pm

Jueves **16 de mayo** a las 6:00pm

Talleres Por Zoom:

Zoom Meeting ID: 847 6880 6347

<https://us02web.us/j/84768806347>

Jueves **11 de abril** a las 6:00pm

Jueves **25 de abril** a las 6:00pm

Jueves **9 de mayo** a las 6:00pm

Jueves **23 de mayo** a las 6:00pm