



child parent institute



## class schedule fall 2017

### parenting classes

#### Handling Anger, Mine and My Child's

\$90 per person | 6 sessions

Tuesdays | August 01 - September 05 | 6:00-8:00 pm

Tuesdays | September 19 - October 24 | 6:00-8:00 pm

Tuesdays | November 07 - December 12 | 6:00-8:00 pm

#### Managing Family Anger

\$70 per person | 4 sessions

Monday | October 23 - November 13 | 6:00-8:00 pm

#### Embracing Your Child with ADD/ADHD

\$20 per person | 1 session

Tuesday | September 05 | 6:00-7:30 pm

Tuesday | November 28 | 6:00-7:30 pm

#### Raising Sons

\$20 per person | 1 session

Wednesday | October 18 | 6:00-8:00 pm

#### Raising Daughters

\$20 per person | 1 session

Monday | December 11 | 6:30-8:00 pm

#### Single and Parenting

\$60 per person | 3 session

Wednesdays | October 11 - 25 | 6:00-8:00 pm

#### Raising Resilient Children (ages 2-12)

\$20 per person | 1 session

Wednesday | October 04 | 6:00-8:00 pm



#### Parenting & Coping with Stress

\$90 per person | 6 sessions

Fridays | September 15 - October 20 | 6:30-8:00 pm

#### Mindfulness Program for Parents and Children (Ages 10+)

\$90 per family | 6 sessions

Mondays | October 30 - December 04 | 6:30-8:00 pm

#### Positive Parenting (ages 2-12)

\$60 per person | 3 sessions

Wednesdays | August 16-30 | 6:00-8:00 pm

Wednesdays | November 01-15 | 6:00-8:00 pm



#### Positive Parenting for All Ages

##### Triple P Group

\$90 per person | 6 sessions

Wednesdays | August 30 - October 04 | 6:00-8:00 pm



### triple p online class

\$100 per person | 8 week class

Great for parents on the go with children ages 2-12 or teens. Includes the assignment of an experienced educator.

For more information call 707.585.6108 ext. 1240



### baby corner

Classes for parents with kids under the age of 5

#### Guiding Your Toddler and Preschooler (2-5 years)

\$60 per person | 4 sessions | YMCA Location

Thursdays | October 12 - November 02 | 6:00-7:30 pm

YMCA Childcare \$2/hr first child, each additional child 50%

#### Mothers Group

No cost (registration required) | 6 sessions

Thursday | September 28-November 2 | 10:00-12:00 pm

### Free Classes

#### Positive Parenting

Free | 1 session

Monday | September 11 | 6:30-8:00 pm |

Healdsburg Library, 139 Piper Street, Healdsburg, CA 95448

Monday | October 02 | 6:30-8:00 pm |

Central Santa Rosa Library, 211 E St., Santa Rosa, CA 95404

Monday | January 8 | 6:30-8:00 pm |

Sonoma Valley Regional Library, 755 West Napa St., Sonoma, CA 95476



#### Financial Literacy

Free | 1 session | Presented by Redwood Credit Union

Thursday | September 28 | 6:30-7:30 pm |

Monday | November 13 | 6:30-7:30 pm |

**to register:** Register online at [calparent.org/classes](http://calparent.org/classes), or call 707 585.6108 x1240. Full payment is due at time of registration. Unless otherwise noted, all classes are held at 3642 Standish Avenue, Santa Rosa, CA 95407.

child parent institute | [www.calparents.org](http://www.calparents.org) | 707-585-6108

# class schedule fall 2017

## co-parenting classes

### Parenting Apart Without Tears

\$60 per person | 3 sessions

Thursdays | August 10 - 24 | 6:00-8:00 pm

Thursdays | September 07 - 21 | 6:00-8:00 pm

Thursdays | October 05 - 19 | 6:00-8:00 pm

Thursdays | November 02 - 16 | 6:00-8:00 pm

Thursdays | December 07 - 21 | 6:00-8:00 pm

### Raising a Child with an Ex-Partner

\$20 per person | 1 day

Thursday | August 31 | 6:00-8:00 pm

Thursday | October 26 | 6:00-8:00 pm

### Kid's Turn, (5-14 years)

\$100 per parent & \$75 per child | 6 sessions

Mondays | September 11 - October 16 | 6:00-7:00 pm

### The New Family: Blended, Extended and Unmarried

\$40 per person | 2 sessions

Monday | December 4 - December 11 | 6:00-8:00 pm

### Co-Parent Counseling Orientation

\$20 per person | 1 session | Required for co-parenting counseling

Tuesday | September 12 | 6:00-7:00 pm

Monday | November 20 | 6:00-7:00 pm

## support groups

### Parent's of Children with Autism & Similar Issues

Free, donations accepted / 1st Thursday of every month

Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7 | 9:00-11:00 am

(childcare available)

## co-parent counseling

CPI now offers co-parent counseling.

Sliding Scale \$40-\$80 per parent

Monday-Friday during business hours 9:00am-5:00pm

Attendance of Co-Parent Counseling Orientation is required

## parenting teens

### Reducing Conflict in Families of Teens

\$20 per person | 1 session

Tuesday | October 10 | 6:00-8:00 pm

### Managing Risky Behavior (teens)

\$20 per person | 1 session

Tuesday | November 14 | 6:00-8:00 pm

### Positive Parenting Teens (13-19 years)

\$60 per person | 3 sessions

Wednesdays | September 13-27 | 6:00-8:00 pm



### Dealing with Teenager's Emotions

\$20 per person | 1 session

Tuesday | December 05 | 6:00-8:00 pm

## create your own parenting class

Create your own parenting class: meet with a experienced parent educator for a one-on-one consultation either on site at CPI or in your home.

\$50 for 1/2 hour, on-site at CPI or over the phone

\$50 for 1 hour, on-site at CPI or over the phone

\$100 per hour in your home

Call 707 585.6108 ext. 1103 to schedule.

# horario de clases Otoño 2017

## clases en español

### Aprendiendo a Manejar Mi Enojo y el de Mis Hijos

\$70 | 4 sesiones

Jueves | 07 al 28 de Septiembre | 6:00-8:00 pm

### Disciplina en dos Hogares (para exparejas)

\$40 | 2 sesiones

Miércoles | 23 al 30 de Agosto | 6:30-8:30 pm

### Series de Disciplina Positiva- 3P (edades 2-12 años)

\$60 | 3 sesiones

Martes | 15 al 29 de Agosto | 6:30-8:30 pm

Martes | 12 al 26 de Septiembre | 6:30-8:30 pm



### Prevención de Alcohol y Drogas

\$60 | 3 sesiones

Jueves | 17 de Agosto al 31 de Agosto | 6:00-8:00 pm

### Manejando Conflicto Familiar

\$60 | 3 sesiones

Jueves | 02 al 16 de Noviembre | 6:00-7:30 pm

### Padres de Jóvenes (edades 13-19 años)

\$20 | 1 sesion

Miércoles | 6 de Diciembre | 6:30-8:30 pm



### Bullying: Prevención del Acoso

\$20 | 1 sesion

Martes | 8 de Agosto | 6:30-7:30 pm

### Madres/Padres Solteros

\$20 | 1 sesion

Martes | 21 de Noviembre | 6:30-8:00 pm

### Turno de los Niños (edades 5-14 años)

\$100 por padre, \$75 por niño | 6 sesiones

Lunes | 11 de Septiembre al 16 de Octubre | 6:00-7:00 pm

### Disciplina Positiva

Gratuito | 1 sesion

Sabado | 14 de Octubre | 12:00-1:30 pm

Roseland Community Library, 779 Sebastopol Road,

Santa Rosa 95476

### Educación Financiera (Redwood Credit Union presentara la clase)

Gratuito | 1 sesion

Lunes | 23 de Octubre | 6:30-7:30 pm

**para registrarse:** Regístrese en línea en [calparent.org/classes](http://calparent.org/classes), o llame al 707 585.6108 x 1240. El pago de la clase es requerido al momento de registrarse. Al menos que se indique otra dirección, todas las clases se harán en 3642 Standish Avenue, Santa Rosa, CA 95407.

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