



child parent institute

building brighter futures for our children and families

## spring class schedule 2019

### January

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

\$90 | 6 sessions

Tuesdays | January 8 - February 12 | 6:00-8:00pm

#### Positive Parenting Teens

\$60 | 3 sessions

Wednesdays | January 9 - 23 | 6:00-8:00pm



#### Positive Parenting for Fathers

\$90 | 6 sessions

Thursdays | January 10 - February 14 | 6:30-8:00pm



#### Single and Parenting

\$60 | 3 sessions

Fridays | January 11 - 25 | 6:30-8:30pm

#### Parenting Apart Without Tears

\$60 | 3 sessions

Thursdays | January 17 - 31 | 6:00-8:00pm

#### Raising Resilient Children

Kaiser Medical Office Building 2  
401 Bicentennial Way, Santa Rosa

\$15 for Kaiser members, \$20 for non-members | 1 session

Wednesday | January 23 | 6:00-8:00pm

#### Kids Turn

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

Mondays | January 28 - March 11 | 6:00-7:00pm

#### Co-Parent Counseling Orientation

(Required for co-parent counseling)

\$20 | 1 session

Tuesday | January 29 | 6:00-7:00pm

#### Raising Sons

\$20 | 1 session

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

#### Positive Parenting for All Ages

\$90 | 6 sessions

Wednesdays | January 30 - March 6 | 6:00-8:00pm



#### Imagine You

\$20 | 1 session

Thursday | January 31 | 6:00-7:30pm

### February

#### Respite, Sensory & Social Game Nights

(ages 7-11) hosted by SSU Students

\$30 | 3 sessions

Fridays | February 22, March 29, April 26 | 5:00-9:00pm

#### Embracing Your Child with ADD/ADHD

\$20 | 1 session

Tuesday | February 5 | 6:00-8:00pm

#### Parenting Advanced Learners

\$120 | 6 sessions

Tuesdays | February 5 - March 12 | 9:30-11:00am

Thanks to a generous donation from the California Association for the Gifted's Political Action Committee, scholarships are available for this class.

#### Parenting Advanced Learners

SRACS

4650 Badger Rd, Santa Rosa

\$120 | 6 sessions

Tuesdays | February 5 - March 12 | 7:00-8:30pm

Thanks to a generous donation from the California Association for the Gifted's Political Action Committee, scholarships are available for this class.

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

\$90 | 6 sessions

Thursdays | February 7 - March 14 | 6:30-8:00pm

#### Parenting and Coping with Stress

\$90 | 6 sessions

Fridays | February 8 - March 15 | 6:30-8:30pm

#### Parenting Teens Series

\$60 | 3 sessions

Tuesdays | February 12 - 26 | 6:00-8:00pm

#### Raising a Child with an Ex-Partner

\$20 | 1 session

Thursday | February 21 | 6:00-8:00pm

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

\$90 | 6 sessions

Tuesdays | February 26 - April 2 | 6:00-8:00pm

### March

#### Managing Family Anger

\$60 | 3 sessions

Wednesdays | March 6 - 20 | 6:30-8:30pm

#### Parenting Apart Without Tears

\$60 | 3 sessions

Thursdays | March 7 - 21 | 6:00-8:00pm

#### Raising Resilient Children

Kaiser Medical Office Building 2  
401 Bicentennial Way, Santa Rosa

\$15 for Kaiser members, \$20 for non-members | 1 session

Wednesday | March 13 | 6:00-8:00pm



to register for classes: visit [calparents.org/](http://calparents.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

# spring class schedule 2019

## Positive Parenting (ages 2-12)

\$90 | 6 sessions

Wednesdays | March 20 - April 24 | 6:00-8:00pm



## Single and Parenting

\$60 | 3 sessions

Fridays | March 22 - April 5 | 6:30-8:30pm

## Co-Parent Counseling Orientation

(Required for co-parent counseling)

\$20 | 1 session

Monday | March 25 | 6:00-7:00pm

## April

### Guiding Your Toddler and Preschooler

YMCA 1111 College Ave, Santa Rosa

(childcare available for \$2/hr)

\$60 | 3 sessions

Thursdays | April 4 - 18 | 6:00-7:30pm



### Are You a Step-Parent?

\$40 | 2 sessions

Tuesdays | April 9 - 16 | 6:00-8:00pm

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

\$90 | 6 sessions

Tuesdays | April 23 - May 28 | 6:00-8:00pm

### Parenting and Coping with Stress

\$90 | 6 sessions

Fridays | April 26 - May 31 | 6:30-8:30pm

## Triple P Online

### Triple P Online (ages 2-12) or

### Teen Triple P Online

\$100 | 6-8 week online class

Great for parents on the go. Includes the assignment of an experienced parent educator. For more information, please call (707) 585-6108 x1240.



# horario de clases primavera 2019

## Clases en Español

### Imagine You (En Español)

\$20 | 1 sesión

Lunes | 14 de Enero | 6:00-7:30pm

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

\$70 | 4 sesiones

Martes | 5 al 26 de Marzo | 6:00-8:00pm

### Disciplina Positiva

\$60 | 3 sesiones

Miércoles | 6 al 20 de Marzo | 6:00-8:00pm



FOLLOW US ON  
SOCIAL MEDIA!

## Create Your Own Parenting Class

Meet with an experienced parent educator for a one-on-one consultation either on site at CPI or in your home.

\$30 for 1/2 hour at CPI or over the phone

\$50 for 1 hour at CPI or over the phone

\$100 per hour in your home

Call (707) 585-6108 x1240 to schedule.

## 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.

## Support Groups

### Parents of Children with Autism & Similar Issues

FREE | 1st Thursday of every month

Drop in, no need to register.

Thursdays | February 7, March 7, April 4 | 9:00-11:00am

### Parenting Through Recovery from North Bay Fires

A drop-in group for parents who have lost their homes in the recent fires.

FREE | Drop in, no need to register.

Fridays | January 11, February 8, March 8, April 12 | 9:00-10:30am

### Pet Loss Group (ages 8-11)

For children who have lost a pet due to the fires in Sonoma County.

FREE | 6 Sessions, registration required

Tuesdays | January 15 - February 19 | 4:00-5:00pm

### Disciplina en Dos Hogares

\$20 | 1 sesión

Miércoles | 27 de Marzo | 6:00-8:00pm

### Programa de Conciencia para Padres y Niños (edades 10+)

\$70 por familia | 4 sesiones

Jueves | 4 al 25 de Abril | 6:30-8:00pm

### Criando Niños Resistentes

Kaiser Permanente

401 Bicentennial Way, Santa Rosa

\$15 por miembro de Kaiser

\$20 si no es miembro de Kaiser | 1 sesión

Miércoles | 24 de Abril | 6:00-8:00pm



child parent institute

**para registrarse:** Regístrese via internet en [www.calparents.org/classes](http://www.calparents.org/classes), o llame al (707) 585-6108 x 1240. El pago de la clase es requerido al momento de registrarse. Todas las clases tomaran lugar en 3642 Standish Avenue, Santa Rosa, CA 95407. Al menos que se indique algo diferente.