



# Parent Education & Support

Winter/Spring 2012

## Classes:

### ❖ Make Parenting A Pleasure (MPAP) (English)

*Make Parenting A Pleasure* begins by recognizing the importance of parents as individuals. The curriculum focuses first on the need for self-care and personal empowerment, and moves from an adult/adult focus to a parent/child/family emphasis.

Mondays, February 13<sup>th</sup>-March 26<sup>th</sup> 6-8pm

Mondays, April 23<sup>rd</sup>-June 4<sup>th</sup> 6-8pm.

### ❖ Positive Discipline (Spanish)

Parents will learn the basic goals of misbehavior and they can help their children achieve self-discipline, responsibility, self-esteem and problem solving skills. Open to parents with children of all ages.

Thursdays, January 19<sup>th</sup>-February 9<sup>th</sup> 6-8pm

Thursdays May 3<sup>rd</sup>-May 24<sup>th</sup> 6-8pm

### ❖ Children in the Middle (English)

A program for families going through separation or divorce. Includes a workbook for parents & children.

3<sup>rd</sup> Tuesday of every month, 3-5pm

January 17<sup>th</sup>, February 21<sup>st</sup>, March 20<sup>th</sup>, April 17<sup>th</sup>

### ❖ Kids' Turn (English)

An in-depth educational program for children ages 4-14 and their parents who are going through a divorce or separation.

Tuesday, April 17<sup>th</sup> -May 8<sup>th</sup> 6-8pm

### ❖ 24/7 DAD - Father's Group (Spanish)

This group gives fathers a place to meet and connect with other fathers. 24/7 DAD is a curriculum guided group where you can get the fathering skills you need!

Thursdays, January 5<sup>th</sup>-February 23<sup>rd</sup> 6-8pm

Thursdays, April 5<sup>th</sup>-May 24<sup>th</sup> 6-8 pm

## Support Groups:

### ❖ Mother's Group (Spanish)

This group gives mothers a place to meet and connect with other mothers. Guest Speakers, Special Topics, & Craft Projects will be offered. Last Friday of every month, 10-12pm. For more information please call Marta Brennan at 252-1123 ext. 113

### ❖ Single Parent Group (English & Spanish)

This support group offers social, educational and family fun for parents of children, newborn through the teen years.

Spanish: For more information contact Delia Gutierrez at 707-815-5585 or [nvspanishsingleparents@gmail.com](mailto:nvspanishsingleparents@gmail.com)

English: For more information contact Sarah Barry at 707-681-1438 or [nvsingleparents@gmail.com](mailto:nvsingleparents@gmail.com)

## Individual Consultations (by appointment):

### ❖ FAMILY Rules (English)

Positive Parenting with a Plan focuses on the entire family system. For families with children grades K-12 who are looking for a structured approach to discipline. Based on the book by Dr. Matthew Johnson.

### ❖ Ages & Stages Developmental Assessment (English & Spanish)

A one on one activity to help parents understand and nurture their child's developmental stages from 4 months to 5 years old.

### ❖ Happiest Baby on the Block (English)

Based on the book by Dr. Harvey Karp. Learn how to use the "Five S's" to turn on your baby's calming reflex: nature's off switch for baby's crying. This class is ideal for prenatal-6 months.

### ❖ Free Tax Preparation - February 1st through April 18th 2012 (English & Spanish)

Get the refund you deserve. *All of It!* Cope Family Center offers free electronic tax preparation for individuals with income less than \$50,000. Call for appointment 707.252.1123 ext. 100. Appointments are scheduled Tuesday and Thursday.

### ❖ Cope IDA Accounts - \$2-for-\$1 Saving Account

Similar to an employer-based 401k plan, when a participant makes a deposit into an IDA (Individual Development Account) account, we match that with \$2 for every \$1 deposited. IDA money may be invested in a home, a small business, or higher education. For more information contact Michelle Laymon: [m Laymon@copefamilycenter.org](mailto:m Laymon@copefamilycenter.org).

Call 707-252-1123 for individual class flyers and registration information, or visit:  
[www.copefamilycenter.org](http://www.copefamilycenter.org)

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