



Supporting Parents.
Nurturing Children.

Parent Education & Support Fall 2009

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.
10:00 – 12:00noon -Last Friday of Each Month Marti Brennan - group facilitator

Ages & Stages

Ages & Stages is a fun, interactive, one on one activity to help parents determine if their child's development is age appropriate. Available for parents & children, ages 4 months to 5 years old. (English & Spanish) Call for an Appointment

Drop In-Childcare*

Parents can relax or get work done in Cope Family Center's comfortable community room. Children are cared for, in our childcare room, by our on staff childcare provider. Parents must stay on site. Open to the community.

TEMPORARILY UNAVAILABLE

Children in the Middle

A program, developed by the Center for Divorce Education, that helps children and their parents deal with the children's reactions to divorce. It is designed to teach parents the skills needed to avoid putting children in the middle of their conflicts.

Ongoing -By Appointment Marla Wiggin-facilitator

Kinship & Coffee

Are you raising your grandchild, younger siblings, nieces/nephews or another relative's child? Join our ongoing support group that provides an opportunity to learn where to find help and share challenges, needs, resources and experiences with others in similar situations.

(English) The First Tuesday Each Month (9/1, 10/6, 11/3, 12/1) NEW TIME 9:30 – 11:00 AM

Single Parent Group*

Single parents unite! Meet with other parents without partners to share your challenges, discuss common topics of interest, lend & receive support and make new friends.

(English) the Second Tuesday Each Month (9/8, 10/13, 11/10, 12/8) 6:00-7:30 PM

Individual Parenting Consultations

One on one parenting sessions available for parents who are mandated to take parenting classes when other classes are unavailable or for parents who are aren't able to attend other scheduled classes. Classes are structured on an individual basis depending on age of children.

Ongoing - By Appointment (English) Marla Wiggin- facilitator

Cooperative Co-Parenting *

In this five week workshop, parents will learn family mediation tactics. Topics include: Conflicts with Co-Parenting, Elements of Successful Parenting Plans, Custody Wars & the Welfare of Children and Voices of Children from Divorce.

Dates To Be Announced evening 6:00-8:00PM Terri Chapman - group facilitator

Positive Discipline* (English & 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.

(Spanish) - September 22, 29 & October 6 - Tuesday evening 6:00-8:00PM Elizabeth Curtis - group facilitator

(English) - October 10th & 17th - 10:00 – 2:00 PM Saturday (8 hour workshop) Lynette Chambers - group facilitator

For More Information Please Call Angelina at 252-1123

* Child care available (call to reserve/space limited)

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